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April 2016
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Middle East

*Spring
chicken*

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most of
alfresco
dining**

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& picnics

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you should be
eating for
your age

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**A ONE-TO-ONE
WITH THEO RANDAL**



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Welcome!

I think it's safe to say we're experiencing the back-end of spring, as temperatures begin to soar once more across the Middle East.

And, although I don't mind some heat (for the most part), one of the things I miss the most during the region's summer season, is the pleasure of dining outside with family and friends, enjoying a BBQ or a late afternoon picnic on the beach.

It's time to make the most of alfresco dining while we still comfortably can (and before we all head off on European summer breaks to escape the humidity). Inside this issue you'll find a range of gorgeous recipes – all perfect for sharing and enjoying outdoors.

Don't miss the *Sunshine & Picnics* feature on page 32, which includes menus suitable for you and a loved one, or for a group of friends – all that's left to do is grab a trendy basket and your picnic crew.

And in the spirit of all things spring, what represents the season better than *Chicken & eggs*? As two of my most favoured and used ingredients, this feature on page 16 has to be one of my favourite's this month, it really demonstrates their versatility – showcasing how continuously scrumptious they can be. While on the subject of chicken, we also have an exclusive with the lovely Annabel Karmel (Winner winner, chicken dinner, pg42), where she shares a selection of recipes from her most recent release, the *Busy Mum's Cookbook*.

This month we also have a one-to-one with the famed chef Theo Randal (*Britain's Brilliant Italian*, pg70), who really lends a hand when it comes to cooking up the perfect feast – Italian-style.

Whether you decide to soak up the sun this month or venture indoors for a more 'chilled' out experience, have fun cooking and experimenting in the kitchen – as Theo explains inside, "it doesn't matter how long you have been cooking, you are always learning!"

Happy cooking, everyone!

Sophie
Editor

WHAT WE'RE LOVING!



"These sausage and pancetta skewers are perfect for packing for lunch or a snack," says sales manager, Amish.



"This picnic spread is perfect for enjoying while the weather is still cool enough," says sales executive, Liz



Sales manager, Michael says: "I love this travel feature on the Philippines – adobong posit is a must-try!"



EDITORIAL

EDITOR: Sophie McCarrick
sophie.mccarrick@cpimediagroup.com

ART DIRECTOR: Sam Birouty
SENIOR DESIGNERS: Sarah Radwan & Solomon Arthur
PHOTOGRAPHER: Maksym Poriechkin

ADVERTISING

SALES MANAGER: Michael Phillips
michael.phillips@cpimediagroup.com / +971 55 518 6984
SALES MANAGER: Amish Patel
amish.patel@cpimediagroup.com / +971 4 4409128
SALES MANAGER: Carol Owen
carol.owen@cpimediagroup.com
SALES EXECUTIVE: Liz Smyth
liz.smyth@cpimediagroup.com / +971 4 4409126
SALES COORDINATOR: Marilyn Naingue
marilyn.naingue@cpimediagroup.com / +971 4 4409103

MARKETING

Ashera Jane Borda
marketing@cpimediagroup.com

DISTRIBUTION

Rajeesh Nair
rajeesh.nair@cpimediagroup.com

ONLINE

Aiyya Naingue
PRODUCTION
James Tharian

FOR SUBSCRIPTIONS AND OTHER ENQUIRIES, LOG ON TO:
www.bbcgoodfoodme.com

GROUP CHAIRMAN & FOUNDER Dominic De Sousa

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Head Office:
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Dubai, United Arab Emirates
Tel: +971 4 440 9100
Fax: +971 4 447 2409

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DIRECTOR OF EDITORIAL GOVERNANCE: Nicholas Brett
PUBLISHING DIRECTOR: Chris Kerwin
PUBLISHING COORDINATOR: Eva Abramik
UK.PUBLISHING@BBC.COM
WWW.BBCWORLDWIDE.COM/UK-ANZ/UKPUBLISHING.ASPX

Immediate Media Co Ltd

CHAIRMAN: Stephen Alexander
DEPUTY CHAIRMAN: Peter Phippen
CEO: Tom Bureau
DIRECTOR OF INTERNATIONAL LICENSING
AND SYNDICATION: Tim Hudson
INTERNATIONAL PARTNERS MANAGER: Anna Brown

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Our recipe descriptions

V Suitable for vegetarians

❄️ You can freeze it

❄️ Not suitable for freezing

Easy Simple recipes even beginners can make

A little effort These require a bit more skill and confidence – such as making pastry

More of a challenge Recipes aimed at experienced cooks

Low fat 12g or less per portion

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients

GLUTEN FREE Indicates a recipe is free from gluten

Some recipes contain pork & alcohol.

These are clearly marked and are for non-Muslims only. Look for these symbols:

P Contains pork

A Contains alcohol



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Your say

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Win!



The Winner of the Star Letter gets a DHS 1,000 Shopping Voucher from Tavola, The leading retailer of European products and essential items for kitchen. Tavola is a one-stop shop for bakeware, tableware, high quality cookware and premium brands such as Mauveil, Le Creuset, and Zwilling Kitchen knives. They have stores in the UAE and Qatar, as well as across the GCC.

Star Letter

I resolved this year to spend more time in the kitchen being creative and my two top priorities were tackling bread making and learning how to make my own preserves - both were activities I used to love watching my mother do when I was young. So thank you for two great features in the March issue. The article on bread making was pitched at just the right level for me and I'm already experimenting having mastered the basics! I can also see shelves of preserved vegetables and fruit by the time summer is over...

- Sarah Roberts



TALK TO US!

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Or, you could write to us at: **The Editor**, BBC Good Food Middle East, Grosvenor Business Tower, Tecom, Office 804PO Box 13700, Dubai, UAE.

As a child I used to hate sprouts, probably because they were boiled to death. Now I can't get enough of them - delicious, healthy and easy to prepare. Loved the recipes in the last issue! Please can we have some more?

Angela Simmons



What amazing food from Quiche DaCosta ('The Untold Story' - March 2016)... Well beyond anything I could dream of

attempting but truly inspirational. Would love to eat this chef's food! I'm excited to hear about the next chef due to come to Enigma.

Maria Eloise

Such well deserved winners of the Awards! Congratulations to them all. Is it possible to attend next year's event?

Peter Green



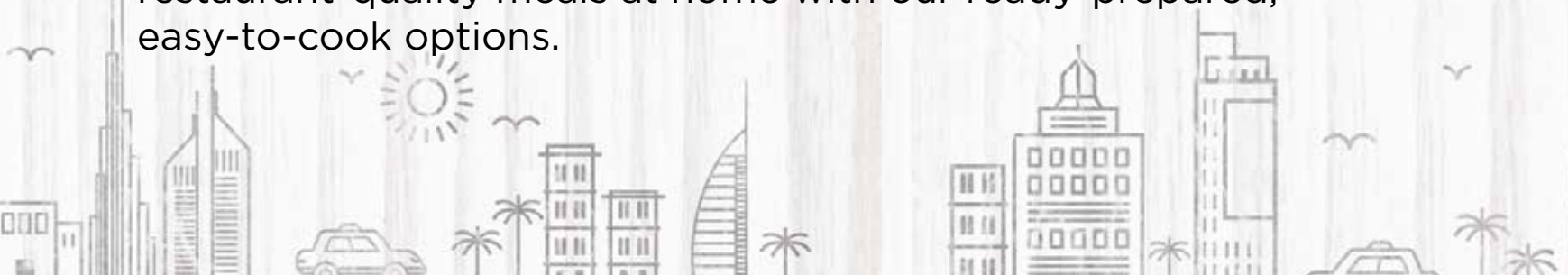
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QUESTION OF THE MONTH

With an influx of new restaurants in Dubai recently – which three have taken your liking the most and would you recommend visiting?

Q & A EXPERT

**Darren Velvick**

Head chef at The Croft, Dubai Marriott Harbour Hotel & Suites, the former patron chef of Table9 has also been head chef at two Michelin-starred restaurant, Marcus Wareing at The Berkeley, and worked alongside Gordon Ramsay at Pétrus

☛ Firstly, PLAY Restaurant at H Hotel. I love Asian and Mediterranean, and this is what you get under one roof. It's a homegrown concept by chef Reif Othman, it's definitely one to watch. Secondly, my good friend Tomas Reger has launched Intersect by Lexus in DIFC. The food was right to my palate and I loved how the dishes had hidden surprises inside, like the chic peas had hazelnuts included. Nice healthy options, using local organic suppliers. Lastly, The Sum of Us - another great concept by Tom&Serg. Laid back, great salads and coffee, a bit like The Croft. Homegrown concepts are my favourite. I would rather put my money to the little man, and buy from farms too. ☛

☛ Everything I believed about dining out was blown away when I dined at Enigma, at Palazzo Versace. No choice, no menu just countless courses of food that defies normal description. There was a plate full of stones, for instance, one being edible; all conceived by three star chef Quique Dacosta. Different Michelin starred chefs bring their own restaurant concept every three months making this a truly different experience. Next, don't be put off by the car reference Intersect by Lexus is a beautiful space in DIFC. The casual menu by Tomas Reger is based on seasonal ingredients, with some nice organic bottles on the beverage list. And speaking of the latter, the new branch of Jones the Grocer in the Dusit means you can eat unfussy, comfort food in a relaxed environment with a well-chosen glass or two. ☛

Sally Prosser

Author of award-winning food and travel blog mycustardpie.com and keen eater. Champion of sourcing local, ethical, seasonal ingredients, knowing where your food comes from and the impact it has on your health and the planet. Loves custard.

**Tomas Reger**

Award-winning freelance chef and food consultant. Originally from the Czech Republic, he started his culinary career in London. Founder of Tomas Reger Food Consultants, he is now the executive chef of Intersect by Lexus, DIFC.

☛ I am quite busy at Intersect, so currently don't have too much time to check out the new restaurants these days but I have these three on my list to try as soon as I can. Firstly, Craft Cafe, which has chef Roberto Segura in charge it opened just recently in D3 Design District and sounds fantastic. Secondly, PLAY Restaurant and Lounge in H Hotel with chef Reif Othman (former Zuma executive chef), where he is introducing his Mediterranean menu. And, last but not least Mayta by Jaime Pesanque, it's a new Peruvian restaurant in DIFC. ☛

☛ Eating out in Dubai can be healthy, you just need to know where to look! Here are my top 3 favourite places to eat. Be Super Natural Kitchen - an all raw, vegan and organic inside Galleries Lafayette Dubai. Using preparation methods such as soaking, sprouting and dehydrating they serve deliciously satisfying meals (and treats!) while keeping all the nutrients intact. Comptoir 102, serve a range of nutritious and natural food and source all their produce from local and organic farms. The menu changes often and they always offer something a little different. The Cycle Bistro - 100% Paleo Café that provides traditional, hearty and tasty meals with a paleo modification. ☛

Chloe Moir

A nutritionist with over 4 years' experience, Chloe teaches clients to make healthy choices and small lifestyle changes that help to achieve personal goals. Her food and nutrition blog offers nutrition tips and nutritious recipes: www.chloemoirnutrition.com.



Flavours *of the month*

Here is what's hot and happening
around town this month.

New on the block

👉 JB's, Amwaj Rotana

The latest kid on the JBR block has opened its gastropub doors to serve an indulgent menu of predominantly British and American cuisine including smoked meats, barbecues and roasts. JB's menu features a host of sharing platters and a unique concept of sausages by the metre to promote communal dining. Diners can also make up their own platters of artisanal cheeses and cured meats. Call 04-4282000.

👉 Weslodge Saloon Dubai, JW Marriot Marquis

The latest Modern American eatery to open is described as creatively cool, elegant and modern. The music, interior design, food, drink and attitude are derived from the concept of 'dare to be different'. The menu explores American cuisine through a modern and boundless lens. The drinks list is classically rooted but adventurously reinterpreted. Call 052-9153355.

👉 The Artisan by Enoteca Pinchiorri

Bringing a taste of Florence to the UAE, The Artisan has opened its doors in the Burj Daman Building, DIFC. The restaurant features an eclectic menu, including 36 month old parmesan cheese with a dash of seasoned Modena balsamic vinegar, slow cooked octopus with The Artisan's homemade olive oil, fresh variety of pasta dishes, Hamburg rooster, salt crusted sea bass and Annie Feolde's revived tiramisu. Call 04-3388133.

👉 The Collective, Grand Hyatt Dubai

This eclectic and experiential eatery which encompassing four micro concepts is now open, allowing diners to choose from the Levant Emporium, a Grill Bar, Bakery and Bombay Cafe which will focus on Parsi cuisine. The Collective's four flavours will offer a range of menus from breakfast through to dinner and late night bites, as well as signature dishes to highlight the region. Call 04-3171234.

JB's, Amwaj Rotana

👉 Bushman's, Anantara The Palm

Enjoy the outdoors and head for a good old outback BBQ where you can celebrate the great Aussie tradition on Bushman's outdoor terrace. Choose from an array of succulent steaks, juicy chops and fresh seafood, grilled precisely the way you prefer, right at your table. Served with salads, dressings, corn and desserts. Priced at Dhs1,400 for 4 persons, including food. Call 04-5678304.

👉 Soul Restaurant, Movenpick Hotel Jumeirah Beach

On April 14, look out for the new menu launching at Soul, which will take you on an exciting culinary journey through the streets of Manhattan. Reflecting the colourful ethnic neighbourhoods of New York, the menu will feature authentic flavours presented in an elevated fashion from the following three areas of the city - "Little Italy", "The Meatpacking District" and "The Upper East Side". In celebration of the launch, you're invited to sample dishes whilst taking advantage of an introductory -buy one main course and get one main course free of equal or greater value-special. The offer is valid from April 14-30 and can be availed using the promo code NEWYORKSOUL. Call 04-4498836.

👉 Teatro, Park Rotana Abu Dhabi Hotel

Noodle lovers rejoice! The Noodle Festival is here and taking place all month, daily from 6pm onward. This April, head to Teatro for the a noodle-filled fare and experience a choice of exotic noodle based starters, main courses and desserts from Japanese, Chinese, Singaporean, Vietnamese and Thai cuisines. Call + 971 (0) 26573333.



👉 Aquara, Dubai Marina Yacht Club

Enjoy the last of alfresco dining with brunch under the stars. Aquara provides a magical backdrop to take in views of the Dubai Marina waterways as you feast on dishes from a fresh seafood station, a varied salad bar and succulent meat serving carvery, not forgetting a wide range of desserts to woo even the most selective palates. The brunch takes place every Friday from 7.30-10.30pm and is priced started at Dhs220 including soft beverages. Call 04-3627900.

👉 Almaz by Momo, Mall of the Emirates

Delight in an indulgent afternoon - Marrakech style, at Almaz by Momo. As a recent introduction to the restaurant, the outlet now serves a delectable three-tiered afternoon selection including mini sandwiches, burgers and a variety of mouthwatering desserts. This offer is available daily from 3-6pm, for Dhs105 per person. Call 04-4098877.

👉 Casa da Tapas

To celebrate the most iconic festival in Seville, Spain, Casa de Tapas is hosting its own "Feria de Abril" right here in Dubai. On April 8, the fiesta begins with Casa de Tapas Friday Flamenco Brunch from 12.30-4pm. Authentic hot and cold tapas, signature paella, traditional Spanish roast, and sangria will be served along to the sounds of the live flamenco band with Spanish dancers Amalia Megias and Raquel Reinder. Call 04-4161800.

👉 Blend, Shoreline Apartments

The recently opened cafe on Palm Jumeirah, Blend is offering all health aficionados the chance to add a complimentary scoop of collagen to a smoothie of their choice every Monday throughout the month of April. Blend boasts a wide variety of smoothies, including 'fitness smoothies', which complement exercising as they're high in protein; "Wellness Smoothies" for your overall health and "Dessert Smoothies" with indulgent ingredients such as banana, coffee and Nutella. Supplements of all sorts can be added to your favorite smoothie such as creatine, immunity booster, probiotics, vegan protein, glutamine, and electrolytes, amongst others. Call 04-5148966.

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📍 Hakkasan Dubai, Jumeirah Emirates Towers

This spring, Hakkasan Dubai will be refreshing their early evening offering by introducing Hakkatini Nights alongside a new Taste of Hakkasan menu, providing the perfect excuse for a sophisticated evening with friends and colleagues. Available from 7pm, Hakkatini Nights allows guests to sample two signature martinis accompanied by one small eat for Dhs118. Meanwhile, a new Taste of Hakkasan menu allows guests to sample an array dishes from the à la carte menu alongside a choice of beverages. Priced at Dhs188, the offer is available daily from 6-7.30pm and features soup followed by a choice of small eats, main course and dessert accompanied by a signature cocktail or glass of wine. Menu highlights include chef's selection of steamed dim sum and crispy duck roll followed by spicy prawn with lily bulb and almond, sanpei chicken claypot with spring onion, dried chilli and sweet basil and steamed red snapper with ginger sauce. Desserts include hazelnut Jivara bomb with chocolate sauce and exotic fruit platter. Call 04-3848484.

Tried & tasted

Each month, we review two of the city's top tables.



Reviewed by Sophie McCarrick
Editor of BBC Good Food Middle East, lover of all things food and a keen seeker of new dining experiences.

Where: **Toro Toro, Grosvenor House, Dubai Marina**

What's it like: Spanning two super-stylish, burnt-orange toned floors, Toro Toro features a spacious bar upstairs, and an equally roomy dining space downstairs - the atmosphere is alive, and we're immediately in the Latino-style spirit of things as the caipirinha trolley escorts us to our

table. Surrounded by bullhorns on the walls and all, the menu is everything I anticipated - full to the brim with delicious sounding small plates that fuse flavours derived from Brazilian, Peruvian, Argentinian and Colombian cuisines. From beef empanadas, ceviche, croquettes, tartare and tiraditos, we tried it all. The menu also features a delectable selection of mains, including a typical

Brazilian churrasco grill of US rib eye steak, picanha, Australian lamb chop, sausages and sirloin, however, we'd sadly filled up so much on the 'small' hot plates that we didn't get to sample (not that I minded - my favourite way to dine is sharing style! It allows you to try so much more). My favourite dish of the evening was the grilled octopus, which was cooked to perfection and not chewy at all. It

was served in a sweet, BBQ-like sauce, giving it a different spin (it's a dish that ques hunger pangs!). All in all, Toro Toro offers a true Latino, fun-filled evening - which goes on till the early hours if you wish, the bar upstairs is a great spot for after-dinner craft cocktails.

If you want to go: Around Dhs375 per person for three courses, excluding beverages. Call 04-3176000.



Photographs by REVIEWER & SUPPLIED



Where: **Reflets par Pierre Gagnaire, InterContinental Dubai Festival City**

What's it like: If you're in the mood for a fine-dining experience - something I feel Dubai lacks in general, Reflets is the 'go to'. It's been around for a while - and you can tell (I don't say this negatively). The team knows their stuff, and the food is flavoured, prepared and presented to perfection. It's everything you can expect from classical French cuisine, served with manner and grace. Although the famed, 3 Michelin-starred chef Pierre Gagnaire is not always around, you'd never know. It's a

stunning venue, without the in-your-face flashiness. It's subtle and charming (and very pink - what's not to love?). Here for a recently introduced tasting menu, our experience begins with a selection of amuse-bouche. With each delectable course served, our sommelier ensured we were in more than capable hands. From langoustine and scallops, to foie gras and veal sweet bread, the selection was sublime. To say the least, dinner was awe-inducing, it left you guessing at flavour combinations and cooking techniques, while simultaneously feeling fully satisfied. A must try for all food lovers'.

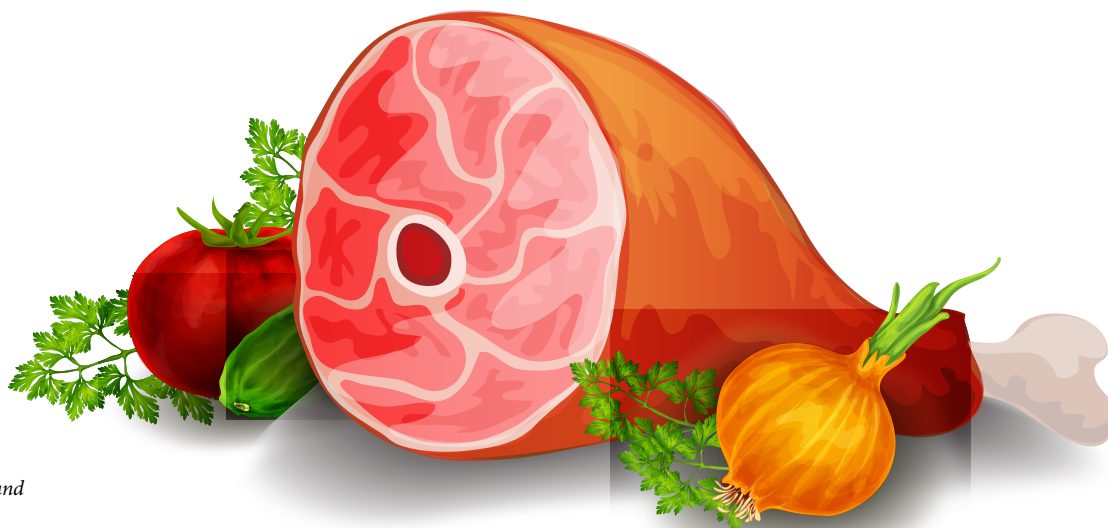
If you want to go: Available Monday to Saturday, 7-11pm, priced at Dhs450 (4-courses) and Dhs950 (7-courses), excluding beverages. Call 04-7011127.

Q&A Culinary

Expert advice
for in and out
of the kitchen



Tomas Reger,
*executive chef at Intersect by Lexus, DIFC and
founder of Tomas Reger Food Consultants,
addresses your culinary dilemmas.*



Q. What should I be looking for to ensure I get the best cut of meat?

A. I always try to buy meat from the same place to establish a relationship with the butcher. Look for these 3 simple rules: Colour-Texture-Smell. Meat such as beef or lamb should be bright red, but natural red. Going little purple is still OK, but try to avoid it. When you press the meat, it should spring back easily. Smell - try to smell the meat. It should not have any odour.

Q. My children are fussy about eating fish and seafood. What should I do?

A. From my experience as a personal chef, when parents struggled to have their kid to eat veg/fish/meat I involved the children in the cooking. Showed them the ingredients, explained how important it is to taste, while you cook. I believe it is important to be honest with the children rather than hide the ingredients in meals. Let them see you eating it, prepare meals sharing style rather than plated. Don't make a big deal if they eat it or not, meal times should be enjoyable.

Q. I'm new to cooking and I want to familiarise myself with different herbs, What's the best way to do this?

A. Don't be afraid! Go to your nearest supermarket and their herb section. Smell and taste the herbs. Experiment. Take your usual protein - like chicken or beef, pick one herb or two and roast it with it. Taste it - if you don't like it, pick another one. You can't really go wrong. Make pesto by blitzing herbs with oil and use it for salad dressing. Use herbs as a prominent part in salads, not just as a garnish. I like to use chives or zaatar for that.



Chloe Moir,
*a qualified
nutritionist and
personal trainer
with over 4 years'
in the health
industry tackles
your nutrition
dilemmas.*

Nutrition Q&A

Q. I'm a vegetarian and fear I'm not getting enough protein in my diet. What should I be eating to be healthy?

A. When following a vegetarian diet I recommend you stick to the follow foods as your main source of protein: legumes (black/red beans, lentils and chickpeas), quinoa, buckwheat, eggs, nuts (almonds, peanuts, brazil nuts), seeds (pumpkin, sunflower, flax and chia) and superfoods such as spirulina, nutritional yeast and goji berries.

Q. After eating carbohydrates my stomach bloats – why does this happen and what can I do to help it stop?

A. There is a specific protein in certain carbohydrates such as wheat, rye and barley called gluten. For many people gluten can inflame the gut, lead to bloating and feeling uncomfortable. I recommend you exclude all gluten containing carbohydrates for 2 weeks and note if you feel any different.





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Home Cooking

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**Deville eggs
with chicken liver
pâté and Chicken
crackling, p16**

IN THIS SECTION



* Confit chicken legs with potato hash & poached egg, **P16**



* Preserved lemon roast chicken with freekeh salad, **P19**



* Delicious spicy Indian oven chips, **P56**

Chicken & eggs

*Which came first? Who cares when they taste so good together!
Try these exciting, modern recipes from food writer **Rosie Birkett***

*Photographs **Peter Cassidy***



Confit chicken legs with potato hash & poached egg



Devilled eggs with chicken liver pâté

A LITTLE EFFORT FOLATE GLUTEN FREE

MAKES 12 PREP 25 mins COOK 30 mins

6 organic free-range eggs

1/2 tbsp unsalted butter

1/2 tbsp extra virgin olive oil

1/2 tsp chopped fresh thyme

1 small garlic clove, chopped

1 shallot, finely chopped

250g/9oz chicken liver, trimmed

1 tbsp Fino Sherry

3 spring onions, 1 chopped, 2 thinly sliced to garnish

good grating of nutmeg

pinch of cayenne pepper

1/2 tbsp lemon juice

Chicken crackling (see recipe below)



1 Put the eggs in a large saucepan and cover with water. Bring to the boil, then simmer for 8 mins. Drain and cool under a cold tap. Peel the eggs, cut in half and remove the yolks, reserving for later.

2 In a non-stick frying pan, melt the butter with the olive oil over a medium-high heat. Add the thyme, garlic, shallot and a good pinch of salt. Cook for 4 mins or until softened and fragrant.

3 Add the liver and season. Cook for 2 mins on each side until browned. Add the Sherry and cook until most of the liquid has evaporated and the liver is cooked but slightly blush inside. In a food processor, combine the pan contents, the chopped spring onion, yolks, spices and lemon juice, and pulse until smooth.

4 Transfer to a piping bag and pipe into the whites. Garnish with the Chicken crackling (below) and sliced spring onions.

PER EGG 122 kcs • fat 9g • saturates 3g • carbs none • sugars none • fibre none • protein 10g • salt 0.2g

Chicken crackling

EASY GLUTEN FREE

SERVES 12 PREP 10 mins COOK 30 mins

Heat oven to 200C/180C fan/gas 6. Pat the **skins of 2 chicken breasts** dry with kitchen paper. Place on a sheet of baking parchment on a baking sheet. Sprinkle on **white pepper, smoked paprika or any dried herb** to taste. Put another sheet of baking parchment on top, then place another baking sheet on top to weigh down the skins. Bake for 25-30 mins until crisp and golden.

PER SERVING 54 kcs • fat 5g • saturates 2g • carbs none • sugars none • fibre none • protein 2g • salt none



Confit chicken legs with potato hash & poached egg

A LITTLE EFFORT FOLATE FIBRE VIT C IRON GLUTEN FREE P

CONFIT CHICKEN ONLY

SERVES 2 PREP 15 mins plus 1 hr brining

COOK 3 hrs

FOR THE CONFIT

4 thyme sprigs, plus 1 tbsp picked thyme leaves

25g/1oz sea salt

zest 1 lemon

2 chicken legs

1 shallot

1 garlic bulb, split in half

1 tarragon sprig

600ml/1pt olive oil

FOR THE POTATO HASH

400g/14oz potatoes, diced

50g/2oz streaky bacon, cut into lardons

1 leek, cleaned and sliced

1 green chilli, chopped

50g/2oz spinach

25g/1oz kale, shredded

1/2 small pack flat-leaf parsley,

a handful reserved to serve

1/2 tbsp Sherry or vermouth vinegar

2 eggs

1 Mix the thyme leaves with the salt and lemon zest. Rub over the chicken legs, then chill for 1 hr. Heat oven to 140C/120C fan/gas 1.

2 Pat the chicken dry with kitchen paper. Place in a small roasting tin with the remaining confit ingredients. Bake in the oven for 2-2 1/2 hrs until tender, then remove from the oil and drain on a wire rack. Reserve and strain the oil - this is great for roasting veg or making more confit. Reserve the shallot and garlic.

3 To make the hash, heat 1 tbsp of the infused oil in a heavy-bottomed frying pan. Add the potatoes and cook for about 10 mins until they start to soften. Add the bacon and cook, stirring, until it's crisping. Add the leeks, chilli, confit shallot and garlic (squeezed out of its skin). Cook

for another 5 mins until the leeks have softened and the potatoes are cooked through. Season, then add the spinach, kale and parsley. Stir until the leaves have wilted. Add a splash of vinegar.

4 Poach the eggs in barely simmering water for 3 mins, then drain on kitchen paper. Serve the chicken with the hash, eggs and a sprinkling of parsley.

PER SERVING 958 kcs • fat 61g • saturates 15g • carbs 40g • sugars 4g • fibre 8g • protein 58g • salt 2.7g

gf
TREND
ALERT

Chefs are loving adding chicken crackling to dishes for its crisp texture and depth of flavour. Try crumbling it over a Caesar salad, or serve with chicken soup for a hit of umami.

Preserved lemon roast chicken with freekeh salad

EASY FIBRE 1 OF 5 A DAY

SERVES 4 PREP 15 mins COOK 1 hr 35 mins

50g/2oz butter

4 slices of preserved lemon (25g/1oz), pith
and flesh removed, skin finely chopped

1 garlic clove, finely chopped

1 chicken (about 1kg/2lb 4oz)

2 bay leaves

2 thyme sprigs

3 tarragon sprigs

FOR THE SALAD

1 tbsp olive oil

200g/7oz freekeh, thoroughly rinsed under a
cold tap for a few mins

1 bay leaf

1/2 small pack each of mint, basil and flat-leaf
parsley

200g/7oz podded broad beans, blanched and
peeled

4 spring onions, sliced

150g pack rainbow radishes, halved (smaller
ones left whole)

3 tbsp extra virgin olive oil

juice 1 lemon

1 Heat oven to 180C/160C fan/gas 4.

In a bowl or food processor, combine the butter,
preserved lemon and garlic to make a flavoured
butter.

2 Pat the chicken with kitchen paper, then fill
the cavity with the bay, thyme, tarragon and
flavoured butter, saving

a little to spread over the thighs and breast.

Season and roast in the oven

for about 1 hr, basting every 20 mins

or so with the preserved lemon butter and

juices. It is cooked when the leg

is wobbly when pulled from the body,

and the juices run clear. Remove from the oven
and leave to rest while you make the salad.

3 Heat the olive oil in a high-sided frying pan or
saucepan. Toast the freekeh for a few mins with
the bay leaf. Cover with water, bring to the boil
and skim off any scum. Simmer for 25-30 mins
until cooked but still with a little bite. Rinse the
freekeh under cold water, then drain and mix it
with the herbs, broad beans, spring onions and
radishes. Season and dress with olive oil, lemon
juice and the juices from the bird poured over.

PER SERVING 673 kJ • fat 38g • saturates 12g •

carbs 39g • sugars 2g • fibre 6g • protein 41g • salt 0.5g



Fresh way with a favourite roast



Sri Lankan fried chicken & hoppers

Brining the chicken 24 hours ahead will tenderise the meat and make it much juicier.

MORE OF A CHALLENGE **FOLATE** **100% A DAY** **GLUTEN FREE**

SERVES 4-6 **PREP** 30 mins plus fermentation and brining overnight **COOK** 1 hr

FOR THE BRINE

250ml/9fl oz coconut milk
1 garlic clove, crushed
pinch of ground ginger
2 cardamom pods, crushed
pinch of white pepper
500g/1lb 2oz skinless chicken breasts, each cut into 3 pieces

FOR THE HOPPERS

250g/9oz rice flour
1½ tsp fast-action dried yeast
1½ tsp golden caster sugar
500ml/18fl oz coconut milk
rapeseed oil, for brushing
4-6 eggs
FOR THE FRIED CHICKEN COATING
1 litre/1¾ pints sunflower or rapeseed oil
75g/2½oz chickpea flour (gram flour)
25g/1oz cornflour
100g/4oz quick-cook polenta
25g/1oz desiccated coconut
pinch each of smoked paprika and cayenne pepper
FOR THE SPINACH KIRI HODI (COCONUT ONION GRAVY)
1 onion, thinly sliced
1 small green chilli, halved

lengthways
2 garlic cloves, thinly sliced
½ tsp ground turmeric
½ tsp ground fenugreek seeds
1 tsp fish sauce
2 tsp cane or light brown sugar
400ml/14fl oz full-fat coconut milk
125g bag baby leaf spinach, chopped
juice 1 lime
FOR THE ONION SAMBOL
2 onions, finely chopped
2 red chillies, finely chopped
1 tsp smoked paprika
1 tbsp lime juice

1 To prepare the chicken, tip the coconut milk into a jug and stir in the garlic, spices and 1 tsp salt. Put the chicken in a plastic container or roasting tin and pour over the brine mix to cover. Cover with cling film and chill for 24 hrs.



2 For the hoppers, put the rice flour in a large bowl. In a jug, combine 125ml water with the yeast and sugar, and leave for about 8 mins until you see some foaming. Pour in the coconut milk and whisk the wet ingredients into the rice flour to make a smooth batter, slightly thinner than pancake batter. Season, cover and allow to ferment overnight in the fridge.

3 To make the kiri hodi, put all the ingredients (except the coconut milk, lime juice and spinach) in a heavy-based saucepan. Add 1 tbsp water and simmer over a low heat for 5 mins or until the onion softens. Pour in the coconut milk and cook for a further 1-2 mins (do not boil). Tip in the spinach, stir until wilted, then remove from the heat. Season to taste with salt and add the lime juice.

4 To make the sambol, use a pestle and mortar or mini processor to grind the onions with the chillies, a big pinch of salt and smoked paprika, to form a coarse paste. Season with lime juice and more salt, if needed.

5 To cook, remove the chicken and hoppers mix from the fridge for about 1 hr so they come to room temperature. To cook the chicken, heat the oil in a deep-fat fryer or saucepan until it reaches 180C on a cooking thermometer. To make the fried chicken coating, combine all the ingredients with $\frac{1}{4}$ tsp salt. In a bowl, piece by piece, remove the chicken from its brine, allow the excess to drip off, then dredge it in the coating. Shake off the excess and fry in the oil for 6-8 mins until cooked through. Drain on kitchen paper, then rest in a low

oven while you make the hoppers.

6 Make the hoppers. Whisk your hoppers base to remove any lumps. Add a splash more water to thin it if needed. Heat a non-stick frying pan, a hopper pan or small high-sided wok and brush on some rapeseed oil with kitchen paper. Add a ladle of mix to the pan and immediately swirl it around and up the edges to create a bowl-shaped pancake. Cook for 1 min, then add an egg and cover with a lid. Cook for 2-3 mins more until the egg is cooked and the edges are starting to brown. Repeat with the remaining batter and eggs. Serve the hoppers with the chicken, sambol and kiri hodi.

PER SERVING (6) 961 kcal • fat 56g • saturates 30g • carbs 75g • sugars 11g • fibre 5g • protein 37g • salt 1.1g

Saffron risotto

Using an egg yolk to finish this risotto adds a lovely silkiness at the end.



SERVES 4 **PREP** 5 mins **COOK** 35 mins

1.2 litres/2 pints chicken stock

2 tbsp butter

1 tbsp olive oil

1 onion, very finely chopped

350g/12oz arborio risotto rice

**125ml/4fl oz Fino Sherry or
dry white wine**

½ tsp saffron

50g/2oz Parmesan, grated

1 egg yolk

rocket salad, to serve (optional)

1 Heat the stock in a pan over a very low heat - have a ladle at the ready. Melt the butter and olive oil in a high-sided, non-stick frying pan. Add the onion and a large pinch of salt, then cook, stirring, for 5 mins until softened and fragrant but not colouring. Tip in the rice and coat in the oil and butter, cooking for a few mins until beginning to toast. Pour in the wine and cook, stirring, until it's absorbed. Add the saffron and begin to add the stock, a ladle at a time, stirring continually. Add more stock as it's absorbed. After 25-30 mins, all the stock should be absorbed and the rice should be creamy and al dente.

2 Add the Parmesan and stir until melted. Turn off the heat and stir in the egg yolk. Season and serve with a peppery rocket salad, if you like.

PER SERVING 548 kcals • fat 15g • saturates 8g •
carbs 75g • sugars 3g • fibre 3g • protein 21g • salt 1.1g





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Recipes **Charlie Clapp** Photographs **Mike English**



Dhs20 per serving

Harissa chicken traybake

EASY 1 OF 5 A DAY GLUTEN FREE

SERVES 4 PREP 10 mins COOK 1 hr

- 4 chicken legs
- 4 tbsp harissa paste (rose harissa is nice)
- 1 garlic bulb, broken into cloves
- 1 lemon, cut into wedges
- 400g/14oz cherry tomatoes on the vine
- 350g/12oz new potatoes, halved if large
- 50g/2oz Kalamata olives, chopped
- 2 tbsp olive oil
- green salad, to serve (optional)

- 1 Heat oven to 190C/170C fan/gas 5. Score deep lines all over the chicken legs, then rub in the harissa. Season well and place in a roasting tin. Scatter the garlic over and around the chicken. Squeeze the lemon wedges over, then place them in the tin with the cherry tomatoes, potatoes and olives. Season, drizzle over the oil and toss briefly to mix everything together.
 - 2 Cook in the oven for 45 mins-1 hr until the chicken is cooked through and golden. Serve with salad, if you like.
- PER SERVING** 619 kcal • fat 40g • saturates 10g • carbs 18g • sugars 5g • fibre 4g • protein 43g • salt 1.1g

Cauli cheese macaroni

EASY V CALCIUM FIBRE 1 OF 5 A DAY

SERVES 4 PREP 10 mins COOK 15 mins

- 300g/11oz macaroni or rigati
- 1 small cauliflower, cut into florets
- 50g/2oz butter
- 50g/2oz flour
- 600ml/1pt full-fat milk
- 140g/5oz extra mature cheddar, coarsely grated
- 2 garlic cloves, crushed
- 50g/2oz fresh breadcrumbs
- small bunch thyme, leaves picked

- 1 Heat the grill to its highest setting and bring a large pan of salted water to the boil. Cook the pasta for 4 mins, then add the cauliflower for a further 8 mins. Drain, reserving 100ml of the cooking water.
- 2 Meanwhile, melt the butter in a medium pan over a low heat and stir in the flour. Slowly pour in the milk, stirring constantly until it begins to thicken. Bubble for a few mins, then remove from the heat. Add the cheese, the reserved cooking water and seasoning to taste.
- 3 Tip the pasta and cauliflower into a large casserole dish and stir through the cheese sauce. Mix together the garlic, breadcrumbs and thyme, and scatter over the top. Grill for 2-3 mins until bubbling.

PER SERVING 713 kcal • fat 30g • saturates 18g • carbs 80g • sugars 11g • fibre 6g • protein 28g • salt 1.2g



Dhs14 per serving

Dhs18 per serving



Cod & spinach yellow curry

EASY 10F5 ADAY GLUTEN FREE

SERVES 2 PREP 10 mins COOK 20 mins

1 tsp each garam masala, turmeric and smoked paprika

250g/9oz cod fillet, cut into bite-sized chunks

2 tbsp groundnut oil (or any flavourless oil)

1 onion, finely sliced

2 garlic cloves, finely sliced

thumb-sized piece ginger, grated

400g can coconut milk

100g/4oz fresh spinach

cooked basmati rice and naan bread, to serve (optional)

1 In a small bowl, combine the spices. Coat the fish with half the spice mixture and some seasoning. Set aside.

2 In a medium lidded frying pan, heat the oil over a medium heat. Add the onion, garlic and ginger, and fry for 8 mins until softened. Add the remaining spice mix

and gently cook for 1 min to release the flavour of the spices.

3 Pour in the coconut milk, bring to the boil and simmer for 3-5 mins to reduce slightly, then add the cod and spinach. Pop the lid on and continue to cook for 5 mins or so until the spinach has wilted and the cod is cooked through. Season to taste and serve with basmati rice and naan bread, if you like.

PER SERVING 651 kcals • fat 49g • saturates 32g • carbs 23g • sugars 9g • fibre 3g • protein 29g • salt 0.5g



Dhs20 per serving

Korean fried rice



SERVES 4 PREP 10 mins COOK 20-25 mins

250g/9oz white basmati rice

2 x frying steaks (approx 200g/7oz), sliced into strips

3 tbsp chilli sauce (such as sriracha), plus extra to serve

2 tbsp sesame oil

2 garlic cloves, finely sliced

6 spring onions, finely sliced

1-2 red chillies, finely sliced

½ large Savoy cabbage, shredded

2 tbsp sesame seeds

1 Cook the rice following pack instructions. Meanwhile, in a bowl, mix the steak strips with the chilli sauce to marinate.

2 Heat 1 tbsp of the oil in a large frying pan or wok over a high heat and stir-fry the meat for 2 mins until beginning to colour. Don't be tempted to overcook the steak at this stage as you want it slightly pink in the centre. Once done, set aside on a plate.

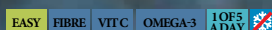
3 Add the garlic and most of the spring onions and chillies to the pan, reserving some to serve, and continue to stir-fry for 2 mins. Add the cabbage and cook gently for 10-12 mins until beginning to soften.

4 Return the rice and steak to the pan and mix everything together until well combined. Sprinkle over the sesame seeds, the reserved spring onions and chillies, and drizzle over more chilli sauce to serve.

PER SERVING 510 kcs • fat 19g • saturates 6g •

carbs 56g • sugars 5g • fibre 4g • protein 28g • salt 0.7g

Avocado & smoked salmon spelt spaghetti Spelt pasta has a nutty flavour and is higher in fibre than regular pasta.



SERVES 2 PREP 5 mins COOK 10 mins

200g/7oz spelt spaghetti

1 ripe avocado, stoned and peeled

2 tbsp extra virgin olive oil

1 garlic clove

1 small bunch parsley

1 lemon

100g/4oz smoked salmon trimmings, sliced into strips

1 Cook the spaghetti in boiling salted water following pack instructions. Meanwhile, put the avocado in a food processor along with the oil, garlic, half the parsley, a good squeeze of lemon and a large pinch of seasoning. Blitz until smooth.

2 When the pasta is cooked, reserve 100ml of the cooking water and drain. Toss the avocado sauce through the pasta with the salmon and the reserved cooking water. Season with lots of black pepper and another squeeze of lemon, to taste. Chop the remaining parsley and stir through to serve.

PER SERVING 501 kcs • fat 31g • saturates 6g •

carbs 32g • sugars 2g • fibre 8g • protein 19g • salt 1.5g



Dhs19 per serving



Dhs24 per serving

Sausage & pancetta skewers

EASY VITC 1 OF 5 A DAY P

SERVES 4 **PREP** 15 mins **COOK** 20-25 mins

8 large Cumberland sausages, halved widthways

200g/7oz ciabatta, torn into 16 chunks

120g pack thick-cut pancetta, cut into 16 thick lardons

4 vine-ripened tomatoes, quartered

1/2 pack of rosemary, leaves picked

2 tbsp olive oil

YOU WILL NEED

8 soaked wooden skewers

1 Heat the grill to medium. Thread a piece of sausage onto each skewer, followed by a piece of bread, a bit of pancetta and a tomato, then repeat with the remaining ingredients - you should have two of everything on each skewer.

2 Line a baking tray with foil, scatter over the rosemary, and place a rack on top with the skewers. Drizzle over the oil and grill for 20-25 mins, turning every few mins, until everything is cooked through and crispy. If the bread is blackening too quickly, turn it round every min or so.

PER SERVING 621 kJ • fat 39g • saturates 13g •

carbs 37g • sugars 5g • fibre 5g • protein 27g • salt 2.9g



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Dhs16 per serving

Stuffed red peppers

EASY V CALCIUM VITC 2 OF 5 A DAY

SERVES 2 PREP 10 mins COOK 20 mins

100g/4oz wholewheat couscous, rinsed and drained
3 tbsp raisins
bunch parsley, roughly chopped
25g/1oz pine nuts
100g/4oz feta, crumbled
pinch of cinnamon
3 tbsp olive oil
290g jar grilled whole peppers, drained and rinsed

1 Heat oven to 180C/160C fan/gas 4. Put the couscous and raisins in a bowl with a pinch of seasoning and just cover with boiling water. Leave to stand for 5 mins.

2 Fluff the couscous with a fork and stir through the parsley, pine nuts, half the feta, the cinnamon and 2 tbsp of the oil. Mix and season to taste.

3 Generously stuff the peppers with the couscous mix (any leftover stuffing can be served next to the peppers), then lay them in a small roasting tin and scatter over the remaining feta. Drizzle with the remaining oil and bake in the oven for 15 mins until hot and the feta has turned golden.

PER SERVING 660 kcs • fat 37g • saturates 10g • carbs 61g • sugars 32g • fibre 5g • protein 18g • salt 1.4g

Lemon & fennel pork meatballs

EASY VITC 2 OF 5 A DAY P

uncooked meatballs only

SERVES 4 PREP 15 mins COOK 35-40 mins

2 tbsp olive oil
1 medium onion, finely chopped
2 garlic cloves, finely sliced
2 x 400g cans plum tomatoes
1 lemon, zested and cut into wedges
500g/1lb 2oz pork mince
2 tsp fennel seeds
250g/9oz kale
25g/1oz pine nuts, toasted
crusty bread or mashed potato, to serve (optional)

1 In a medium pan, heat 1 tbsp of the oil over a medium heat. Add the onion and garlic to the pan and cook for 5 mins.

Tip in the tomatoes with a splash of water, increase the heat and allow to bubble for 15 mins.

2 Meanwhile, in a large bowl, combine the lemon zest, mince, fennel seeds and a good pinch of seasoning. Mix well, then shape into walnut-sized balls.

3 Heat the remaining oil in a lidded frying pan over a medium heat. Add the meatballs and brown for 5 mins, then pour the tomato sauce into the pan. Simmer for 10 mins, then add the kale, cover with a lid and cook for 5 mins more until wilted. Season to taste, and scatter over the pine nuts. Serve with the lemon wedges, for squeezing over, and crusty bread or mash, if you like.

PER SERVING 401 kcs • fat 23g • saturates 6g • carbs 16g • sugars 10g • fibre 3g • protein 31g • salt 0.3g



Dhs22 per serving

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Recipes CASSIE BEST Photographs SAM STOWELL

POSH PICNIC FOR TWO

If friends are joining you, just add a shop-bought pie plus some olives and cheese to keep everyone satisfied.

Smoked salmon & poppy seed palmiers

EASY  uncooked

MAKES 10 PREP 25 mins COOK 25 mins

320g sheet puff pastry
1 egg, beaten
1 tbsp poppy seeds
5 tbsp cream cheese
100g/4oz smoked salmon
small bunch chives, snipped

1 Unroll the pastry and brush one side all over with the beaten egg. Sprinkle over the poppy seeds, then flip over the pastry. Spread the cream cheese over the pastry and top with the smoked salmon, then scatter over the chives. With one of the longer sides facing you, mark a line roughly down the centre, but don't cut all the way through. Tightly roll each end in towards the middle until you reach the centre. Slice into 1cm-thick pieces and place, cut-side up, on a baking tray lined with baking parchment. *Chill until ready to bake, or freeze for up to 2 months.*

2 Heat oven to 200C/180C fan/gas 6. Bake for 20-25 mins until puffed up and golden brown (if baking from frozen, cook for an extra 5 mins). Leave to cool on a wire rack before packing for your picnic.

PER PALMIER energy 179 kJ • fat 12g • saturates 6g • carbs 11g • sugars none • fibre none • protein 6g • salt 0.8g

Asparagus & prosciutto bundles with goat's cheese & hazelnut dip

EASY  

MAKES 6 PREP 20 mins COOK 5 mins

18 asparagus spears, woody ends removed
drizzle olive or rapeseed oil
6 slices prosciutto
handful rocket leaves
12 semi-dried tomatoes

FOR THE DIP

100g/4oz cream cheese
100g/4oz soft rindless goat's cheese
1 tbsp milk
6-8 toasted hazelnuts, chopped

1 Heat a griddle pan. Drizzle the asparagus with a little oil, season and cook for 3-4 mins, rolling around the pan until just tender. Leave to cool.

2 Lay a slice of prosciutto on your chopping board. Put 3 asparagus spears on top, with the tips poking out the end, then top with a few rocket leaves and 2 semi-dried tomatoes. Roll up the prosciutto tightly to enclose the filling and put in a sealable container for transporting. Continue until all the ingredients are used up.

3 Mash the cream cheese and goat's cheese together in a bowl with a fork. Season and add enough milk to make a smooth consistency, into which you can dip the bundles. Transfer to a pot for travelling and sprinkle over the hazelnuts.

PER BUNDLE energy 210 kJ • fat 16g • saturates 9g • carbs 4g • sugars 3g • fibre 2g • protein 12g • salt 1.3g

Elderflower & cucumber G&Ts

EASY  

MAKES 4 PREP 10 mins NO COOK

Peel 2 long strips from a **10cm piece of cucumber** and put in a small tupperware for transporting. Grate the remaining cucumber into a sieve set over a bowl and press down on it with the back of a spoon to extract as much juice as possible. Add **100ml elderflower cordial and 100ml gin** to the cucumber juice and put in a bottle ready for travelling.

At your picnic, wind the strips of cucumber around inside 2 glasses, pour in a quarter of the cucumber gin mixture, and top up with with a quarter of a **1 litre bottle tonic water** to serve.

PER G&T energy 199 kJ • fat none • saturates none • carbs 33g • sugars 17g • fibre none • protein none • salt none



Asparagus & prosciutto bundles with goat's cheese & hazelnut dip

Elderflower & cucumber G&Ts

Smoked salmon & poppy seed palmiers

Raspberry & coconut scones

Raspberry & coconut scones

If you want to mix fruit into your scones, it's a good idea to freeze the fruit first or buy it ready-frozen. That way, it won't break up too much as you mix it into the soft dough.

EASY

MAKES 4 **PREP** 25 mins **COOK** 15 mins

200g/7oz self-raising flour, plus a little for dusting

25g/1oz desiccated coconut, plus 1 tbsp for sprinkling

50g/2oz cold unsalted butter, cut into small cubes

25g/1oz golden caster sugar

100ml/3½ fl oz buttermilk

1-2 tbsp full-fat milk

50g/2oz frozen raspberries, any large ones halved

1 egg, beaten **clotted cream and jam or curd (passion fruit curd is nice with these scones), to serve**

1 Heat oven to 220C/200C fan/gas 7 and dust a baking tray with a little flour. Put the remaining flour in a bowl with the coconut and ¼ tsp salt. Add the butter and rub in with your fingertips until the texture resembles fine breadcrumbs. Add the sugar and mix again, then pour in the buttermilk and 1 tbsp milk. Mix with a knife until the mixture has almost come together, then add the raspberries and mix again, trying not to break up the fruit too much. Add the remaining milk if the mixture seems too dry.

2 Tip onto a work surface and knead the dough a little to bring it together and even out any dry patches - don't overwork it or the scones will be heavy. Pat the dough into a square about 4-5cm deep. Cut into 4 pieces, roughly shaping them back into squares if they've lost their shape.

3 Place on a baking tray, brush with egg and bake for 15 mins until golden and risen. Leave to cool on a wire rack. Pack clotted cream and jam or curd to serve with the scones. *Best eaten on the day they are made.*

PER SCONES energy 365 kJ • fat 16g • saturates 10g • carbs 45g • sugars 9g • fibre 4g • protein 8g • salt 0.6g

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Pastry-less pie

ALITTLE EFFORT 10F5 A DAY GOOD 4YOU P

SERVES 6-8 **PREP** 55 mins plus cooling

COOK 1 hr 15 mins

4-5 large courgettes

1 tbsp olive or rapeseed oil, plus a drizzle

50g/2oz dried breadcrumbs, plus 2 tbsp

1 red onion, finely chopped

2 garlic cloves, crushed

290g jar red peppers, drained and chopped

small bunch parsley, chopped

zest 1 lemon

1 large egg

500g/1lb 2oz minced pork

2 tsp each chilli flakes and fennel seeds

1 Cut the courgettes lengthways into thin slices (use a mandolin if you have one), stopping when you reach the seedy middle (set this aside). Heat a griddle pan. Toss the courgettes in a little oil to coat, then cook in batches until soft and marked with griddle lines. Drizzle a little oil into an 18cm springform tin and brush all over the base and sides. Line the base with a circle of baking parchment. Use the courgettes to line the tin, overlapping them across the base, up the sides and over the edge – you need enough overhang to cover the top and the filling, so you may need to double up on slices up the sides. Scatter 2 tbsp breadcrumbs over the base.

2 Heat the oil in a large frying pan. Add the onion and cook for 5 mins until softened a little. Meanwhile, finely chop the centre pieces of courgette and add to the pan with the garlic. Cook for about 5 mins until the courgette has softened, then set aside to cool.

3 Heat oven to 180C/160C fan/gas 4. Mix the cooled veg, the peppers, parsley, lemon zest, breadcrumbs, egg, pork, chilli, fennel seeds and plenty of seasoning in a bowl. Pack the mixture into the courgette-lined tin, pressing it firmly into the edges and flattening the top – try not to move the courgette slices too much. Fold over the overhanging courgettes to cover the top of the pie and press down firmly.

4 Place the tin on a baking tray – some juice

may leak out of the tin so you will need the tray to catch this. Bake for 1 hr 15 mins – if you have a meat thermometer, the temperature should read at least 70C. Cool in the tin for 10 mins.

5 Remove the pie from the tin, pouring away any juices, and flip over so that the neater side is facing up. Remove the baking parchment and leave to cool completely, then store in the fridge. Transport in a cooler bag and serve in wedges.

PER SERVING (8) energy 178 kcals • fat 9g • saturates 3g • carbs 8g • sugars 2g • fibre 1g • protein 16g • salt 0.2g

Fennel, pomegranate & broad bean salad

EASY V FOLATE FIBRE VITC IRON 20F5 A DAY GOOD 4YOU

SERVES 6 **PREP** 25 mins **NO COOK**

200g/7oz bulghar wheat

small bunch each mint, parsley and dill, finely chopped

1 fennel bulb, quartered, core removed and thinly sliced

200g/7oz pomegranate seeds

350g/12oz (weight before skinning) fresh or frozen broad beans

2 tbsp pumpkin seeds

large handful rocket or watercress

FOR THE DRESSING

zest and juice 1 lemon

5 tbsp extra virgin rapeseed or olive oil

2 tbsp cider vinegar

1 tbsp Dijon mustard

1 Boil the kettle and put the bulghar wheat in a bowl with a good pinch of salt. Pour over enough boiling water to just cover the bulghar, cover with cling film and set aside for 10 mins.

2 Put the ingredients for the dressing in a jam jar or small bottle with some seasoning, screw on the lid and shake well. Uncover the bulghar wheat and, if there is any water left in the bowl, drain the bulghar, then tip into a large container for transporting. Add the herbs, fennel, pomegranate seeds, broad beans and pumpkin seeds, and toss everything together. Top with the salad leaves and pack the jam jar of salad dressing separately.

3 Before serving, drizzle over the dressing and toss everything together.

PER SERVING energy 335 kcals • fat 13g • saturates 2g • carbs 38g • sugars 6g • fibre 9g • protein 11g • salt 0.3g

Pimm's jelly jars

I've added a thin layer of set cream to the top of these jellies for a touch of indulgence, but to make these fat-free, simply leave it off.

ALITTLE EFFORT LOW FAT VITC 10F5 A DAY GLUTEN FREE

MAKES 6 **PREP** 20 mins plus at least 5 hrs cooling and chilling **COOK** 5 mins

9 gelatine leaves

600ml/1pt apple juice

4 tbsp golden caster sugar

250ml/9fl oz Pimm's

6 strawberries, hulled and chopped

298g can mandarin segments in juice, drained

200ml/7fl oz single cream

100ml/3½fl oz semi-skimmed milk

6 thin slices of cucumber and mint sprigs, to serve (optional)

1 Put 7 gelatine leaves in a bowl of cold water and set aside to soften for 5 mins. Meanwhile, heat the apple juice in a small pan with half the sugar until steaming. Remove from the heat, squeeze out the water from the gelatine, then add it to the pan, 1 leaf at a time, stirring until dissolved. Add the Pimm's and stir again.

2 Divide the strawberries and mandarin segments between 6 jam jars, pour over the apple juice and Pimm's mixture, then put in the fridge to set for at least 4 hrs.

3 When the jelly has set, soften the remaining gelatine as before. Heat the cream, milk and remaining sugar in a pan until steaming. Squeeze out the water from the gelatine, add it to the pan and mix well. Set aside to cool for 10 mins. Pour the cream mixture over the jellies, then chill for 1 hr.

4 Top each jelly with a slice of cucumber and a small sprig of mint. Pack into a cooler bag for transporting. *Can be made day before serving.*

PER JAR energy 278 kcals • fat 7g • saturates 4g • carbs 27g • sugars 27g • fibre 1g • protein 4g • salt 0.1g

PER JAR (without the set cream layer) energy 177 kcals • fat none • saturates none • carbs 19g • sugars 19g • fibre none • protein 2g • salt none

Pastry-less
pie

Fennel,
pomegranate
& broad
bean salad

Pimm's
jelly jars

Rosy spritzers

Rosy spritzers

EASY GLUTEN FREE 

MAKES as many as you like **PREP** 2 mins
NO COOK

Mix equal quantities of chilled **rosé wine** and **pink raspberry lemonade**. Add a dash of **rosewater**, if you like. Put a few **raspberries** in each glass before topping up with the spritzer mix.

PER SPRITZER energy 70 kcs • fat none • saturates none • carbs 6g • sugars 6g • fibre none • protein none • salt none



FAMILY PICNIC FOR FOUR

Fuss-free food that can be assembled in a flash, so you and the kids can be out of the door within the hour. Even better, the recipes are all gluten-free!

Creamy beetroot hummous

EASY V FOLATE 1 OF 5 A DAY GLUTEN FREE

SERVES 4 PREP 10 mins NO COOK

400g can chickpeas, drained
200g pack cooked beetroot (not in vinegar), drained
2 tbsp tahini
zest 1 lemon, plus juice $\frac{1}{2}$
1 small garlic clove, roughly chopped
4 tbsp Greek yoghurt
3 tbsp extra virgin olive or rapeseed oil
1 tbsp pine nuts, toasted (optional)
vegetable sticks, to serve

Tip the chickpeas, beetroot, tahini, lemon zest and juice, garlic, yoghurt and $2\frac{1}{2}$ tbsp oil into a food processor. Season well, and blend, scraping down the sides after 30 secs or so, then blend again until smooth. Transfer to a pot or jar with a lid, drizzle with the remaining oil and scatter over the pine nuts. Serve with crunchy vegetable sticks.

PER SERVING energy 285 kcs • fat 19g • saturates 5g • carbs 16g • sugars 6g • fibre 5g • protein 10g • salt 0.6g

Squash, pea & feta frittatinis

EASY V GLUTEN FREE

MAKES 8 PREP 20 mins plus cooling COOK 25 mins

250g/9oz butternut squash, peeled, deseeded and chopped into small pieces
25g/1oz frozen peas
100g/4oz feta, crumbled
4 large eggs

1 Heat oven to 200C/180C fan/gas 6. Put the butternut squash in a bowl, cover with cling film and cook in the microwave on High for 5-7 mins until tender. Meanwhile, line 8 holes of a muffin tin with squares of baking parchment - allow a little overhang at the top as the frittatinis will puff up.

2 Divide the squash, peas and feta between the lined muffin holes - they should be quite full. Beat the eggs in a jug with some seasoning, then pour into the muffin holes. Put the tin in the centre of the oven and bake for 20 mins. Leave to cool for about 15 mins before packing into a cooler bag for transporting, or chill for up to 24 hrs.

PER FRITTATINI energy 83 kcs • fat 5g • saturates 5g • carbs 3g • sugars 1g • fibre 1g • protein 5g • salt 0.6g



Blueberry & mint iced tea

Squash, pea & feta frittatinis

Coronation
drumsticks

Creamy
beetroot
hummous

Coronation drumsticks

EASY GLUTEN FREE

SERVES 4 PREP 10 mins plus marinating

COOK 40 mins

140g/5oz Greek yoghurt

2 tbsp mild curry powder (make sure it's a gluten-free variety)

3 tbsp mango chutney (one without too many chunks)

2 tsp black sesame or nigella seeds

8 chicken drumsticks

1 Heat oven to 200C/180C fan/gas 6. Line a large baking tray with foil. In a large bowl, mix together the yoghurt, curry powder, chutney and seeds, then season. Add the chicken and toss everything to coat. You can now leave it to marinate for up to 48 hrs, or you can cook it straight away.

2 Arrange the chicken on the baking tray (save any marinade in the bowl) and cook for 40 mins. Turn the chicken halfway through, brush with the remaining marinade and continue cooking. Leave to cool for at least 10 mins, or completely if you have time, then pack into a container. Chill until ready to transport in a cooler bag.

PER SERVING energy 300 kcs • fat 15g • saturates 5g • carbs 8g • sugars 6g • fibre 1g • protein 32g • salt 0.8g



Blueberry & mint iced tea

EASY LOW FAT GLUTEN FREE

SERVES 4 PREP 10 mins **NO COOK**

5 peppermint tea bags

140g/5oz blueberries

2 tbsp golden caster sugar

large handful ice

handful mint leaves

a few lemon slices

1 Boil the kettle and put the tea bags in a jug. Pour over 500ml boiling water and leave to steep for 5 mins. Meanwhile, put 100g blueberries in a jug, add the sugar and lightly crush with the end of a rolling pin or a potato masher. Remove the tea bags from the water, pour the tea over the blueberries and top up with another 300ml cold water. Add a large handful of ice to cool quickly, or chill until cold.

2 When you're ready to pack your picnic, pour the iced tea into bottles or flasks. Add a few sprigs of fresh mint, some lemon slices and the remaining blueberries. Seal and store in a cooler bag.

PER SERVING energy 69 kcs • fat none • saturates none • carbs 16g • sugars 14g • fibre 1g • protein none • salt none



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3 healthy sides

Recipes Sophie Godwin Photograph Toby Scott

Maple spiced parsnips

EASY LOW FAT FIBRE 10F 5 A DAY

SERVES 4 PREP 5 mins COOK 30 mins

1½ tbsp rapeseed oil (or any flavourless oil)
¾ tsp turmeric
1½ tsp ground cumin
1½ tsp maple syrup
1kg/2lb 4oz parsnips, peeled and quartered lengthways

Heat oven to 200C/180C fan/gas 6. Mix the oil, turmeric, cumin and maple syrup, then toss with the parsnips on a baking tray and season lightly. Bake in the oven for 30 mins or until soft and slightly blackened - the caramelising will give them more flavour.

PER SERVING 252 kcs • fat 7g • saturates 1g • carbs 34g • sugars 18g • fibre 15g • protein 5g • salt 0.1g

Kale with lemon tahini dressing

EASY CALCIUM IRON GLUTEN FREE

SERVES 2 PREP 5 mins COOK 5 mins

juice 1 lemon (about 3 tbsp juice)
1 garlic clove, crushed
50g/2oz tahini
1 tbsp olive oil
200g/7oz kale

1 First, make the dressing. Put the lemon juice, garlic, tahini and 50ml cold water in a small bowl. Mix well to form a loose dressing and season to taste. (Don't worry if it separates at first - as you stir it will come together.)

2 Heat the oil in a large frying pan and stir-fry the kale for 3 mins. Add half the dressing to the pan and cook for a further 30 secs. Transfer to a serving bowl and drizzle over the remaining dressing.

PER SERVING 274 kcs • fat 21g • saturates 3g • carbs 10g • sugars 1g • fibre 3g • protein 10g • salt 0.1g

Griddled leeks & goat's cheese

EASY FOLATE VIT C 10F 5 A DAY GLUTEN FREE

SERVES 2 PREP 5 mins COOK 10 mins

4-5 thin leeks, trimmed and cut in half lengthways
2 tbsp olive oil
25g/1oz pine nuts, toasted
25g/1oz goat's cheese, crumbled
1 tbsp balsamic vinegar

1 Brush the cut side of the leeks with 1 tbsp of the oil and season with sea salt and black pepper. Heat a griddle pan over a medium heat and place the leeks, cut-side down, in the pan. Griddle for 5 mins until the leeks have distinctive char marks and are tender.

2 Use the remaining oil to brush the top of the leeks, then turn over and cook for 5 mins more. Scatter over the pine nuts and goat's cheese. Drizzle with balsamic vinegar to serve.

PER SERVING 321 kcs • fat 24g • saturates 5g • carbs 11g • sugars 8g • fibre 10g • protein 10g • salt 0.2g



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Ocean Basket

Winner winner, chicken dinner!

Chicken is one of the most favoured proteins in our kitchen – and what's not to love? It's succulent and full of flavour when cooked well. Showcasing the ingredient Annabel Karmel shares easy-to-make recipes from her latest release – *the Busy Mum's Cookbook*



EXCLUSIVE
TAKE A PEEK
INSIDE ANNABEL
KARMEL'S LATEST
COOKBOOK!



For 25 years, Annabel Karmel has raised generations of babies and children on her trusty recipes. So much so, those tried and tested

favourites have become a kitchen staple far beyond those early years; all over the world, Annabel's classics are being dished up at dinner parties, packed into parent lunchboxes, stowed into student survival packs and served up to the whole family. Making it as the UK's fourth bestselling cookery writer, whilst running a business and raising three children, Annabel knows only too well the age-old dilemma of juggling family life with work and the never-ending list of jobs.

So the Mumpreneur set to work cooking-up more than 100 easy-to-prepare recipes that every busy family needs - from 20 minute meals and recipes using no more than 6 ingredients, to prep ahead time-savers, lunchboxes and snacks, store cupboard and entertaining - all within her new Busy Mum's Cookbook, which you can find in stores now at Kinokuniya Dubai and Magrudy Duty Free. Take a sneak peak at some of the recipes you'll find in the book:



Chicken goujons wrapped in parma ham

A LITTLE EFFORT **P**

MAKES 14 goujons **PREP** 15mins **COOK** 10mins

2 large skinless chicken breasts

6 slices Parma ham

2 tsp runny honey

Salt and black pepper

For the sauce

200g crème fraîche

2 tbsp fresh green pesto

Squeeze of lemon juice

One-pot chicken with spring vegetables

1 Preheat the oven to 200C/400F and grease a baking tin.

2 Place the chicken breasts on a board. Cover them with clingfilm, then bash them with a rolling pin until they are slightly thinner. Remove the clingfilm and slice each breast into 7 goujon-shaped strips.

3 Cut each slice of Parma ham in half. Wrap each goujon in a piece of Parma ham, then place on the prepared baking tray. Drizzle over the honey, then roast for 10 minutes, until cooked through and crisp.

4 Mix together the crème fraîche, pesto and lemon juice and season. Serve hot (heated through in a small saucepan) or cold with the crisp goujons.



One-pot chicken with spring vegetables

MAKES 6 portions **PREP** 20mins **COOK** 1hr 20mins

A LITTLE EFFORT   

1.5-1.6kg chicken

3 tbsp olive oil

1 tsp runny honey

1 tsp lemon juice

300g baby new potatoes, scrubbed and any larger ones halved

1 onion, thinly sliced

2 garlic cloves, peeled but left whole

200g baby carrots

300ml hot chicken stock

300ml white wine

100g frozen peas

2 tbsp tarragon leaves

Salt and black pepper

1 Preheat the oven to 200C/400F.

2 Put the chicken into a large, shallow ovenproof dish or skillet. Drizzle over the olive oil, honey and lemon juice and season. Roast for 30 minutes until lightly golden brown, then add the potatoes, onion, garlic and carrots and toss to coat with the olive oil, honey and lemon in the dish around the chicken.

3 Pour the stock and wine over the vegetables, then put the dish back in the oven for a further 45 minutes, until the chicken is golden brown and cooked through and the vegetables are tender (you might need to cover the chicken with foil if it is getting too brown). Add the peas and cook for a final 5 minutes.

4 Remove from the oven and sprinkle with tarragon before serving.



Mother of three Annabel Karmel continues to reign as the UK's No.1 children's cookery author, best-selling international author, and a leading expert on devising delicious, nutritious meals for babies, children and families. Since launching with the Complete Baby and Toddler Meal Planner 25 years ago, Annabel has written more than 40 books, which have sold over four million copies worldwide. And in 2006, she was awarded an MBE in the Queen's Birthday Honours for her outstanding work in the field of child nutrition. Annabel has also become a trusted and inspiring resource for family meal times, and her timeless favourites can be found in her brand new Busy Mum's Cookbook and her timeless Family Cookbook. www.annabelkarmel.com

6 *Cooking something new doesn't have to be scary or time consuming. And to prove it, I've created a cookbook which uses an array of ingredients - some well-known and some you wouldn't necessarily think of using - to encourage variety and flavour without the 'faff' 9*

Cucumber, carrot and chicken salad with oriental dressing

MAKES 2-3 portions **PREP** 20 mins **COOK** N/A

A LITTLE EFFORT

2 large carrots, peeled

1 large cucumbers

1 bunch spring onions, sliced

2 cooked chicken breasts, sliced

red chilli, deseeded and thinly sliced

packet beansprouts

FOR THE DRESSING

2 tbsp sesame oil

4 tbsp olive oil

2 tbsp rice wine vinegar

1 tbsp honey

1 tbsp soy sauce

½ tsp finely grated ginger

1 Using a spiraliser, spiralise the cucumber and carrots. Place in a mixing bowl. Add the chilli, spring onions, chicken and beansprouts.

2 Mix all of the dressing ingredients together in a small bowl, then pour over the salad and gently toss together.



PRESENTING

THE SEASON'S LATEST

HANDPICKED BY

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Take the pasta challenge

EXCLUSIVE
COOKING WITH
HEINZ BECK

Think you've mastered the art of making every day pasta dishes? Take your skills to the next level with these recipes by 3 Michelin-starred chef Heinz Beck.





Meet the chef

Originally from Germany, Beck moved to Rome, Italy in 1994 to take the reigns at La Pergola, where he earned three Michelin stars. He has become a well-respected advocate of light and healthy Mediterranean cuisine, and continues to support research into the science behind nutrition and food-related diseases. He has two restaurants in Dubai, covering both the fine and casual dining sectors: Social by Heniz Beck at Waldorf Astoria The Palm, and Taste of Italy at Galleria Mall, Al Wasl Road.



Celeriac cylinders with venus clams and salicornia

MAKES 4 **PREP** 1 hr **COOK** 30 mins

3 celeriac

Beurre noisette (warm butter sauce)

Extra virgin olive oil

Salt, to taste

Pepper, to taste

FOR THE CYLINDERS

160g flour

80g semolina

2 egg yolks

1 egg

Salt, to taste

FOR THE VENUS CLAMS

250g Venus clams

100ml fish stock

Extra virgin olive oil

FOR THE GARNISH

Salicornia, to sprinkle

Edible flowers (optional)

1 For the filling: Peel the celeriac, cut and cube. Bake in steam oven at 90C with extra virgin olive oil and salt for 1 hour. Blend with brown butter and leave to dry on paper towels. Fill a pastry bag with the mixture.

2 For the cylinders: Make dough with flour, semolina, egg yolks, egg, a pinch of salt and water as needed. Roll out to thin sheets and cut out several 9x9cm squared pieces. Pipe a strip of filling 1cm from the edge of pasta. Fold the pasta over the filling to form cylinders.

3 For the Venus clams: Wash and clean Venus clams, put them in steam oven at 90C for 2 minutes and remove them as they open. Blast immediately to stop cooking. Shell Venus clams, filter the resulting liquid, add the fish stock, clams, extra virgin oil and heat.

4 To prepare, cook the cylinders 'al dente' in abundant salted boiling water and stir with dressing. Place them on the dish and garnish with Venus clams, salicornia tips and edible flowers.



Gnocchetti sardi with turnip greens and cod



MAKES 4 **PREP** 30 mins **COOK** 30 mins

400g fillet of cod, cleaned

1 tbsp flour

125ml white wine

✦ sprig rosemary

Extra virgin olive oil

FOR THE TURNIP GREENS

1kg Turnip greens

1 clove Garlic

Cod stock

500ml fish stock

Chilli pepper, to taste

Extra virgin olive oil

FOR THE CRUNCHY BREAD

3 slices of bread

1 lime zest, grated

Chilli pepper, to taste

Extra virgin olive oil

FOR THE PASTA

320g gnocchetti sardi

1 For the cod: Desalinate the cod in running cold water. Dry it, flour and cook gently on both sides over medium heat with extra virgin oil and rosemary. Sprinkle with white wine to stop cooking. Remove the cod from the cooking stock (keep it apart) and cut the fish into small pieces.

2 For the turnip greens: Separate turnip greens from leaves, blanch them and keep apart. Cook the leaves in a pan with extra virgin oil, garlic and chilli pepper. Add the cod stock previously filtered and the fish stock. Finish cooking, remove the close of garlic and mix the turnip greens with some cod stock, if needed, to get a smooth purée.

3 For the crunchy bread: Remove the edges from the bread slices and cut the soft parts into small cubes. Fry in a pan with extra virgin oil, grated lime zest and chilli pepper. Dry on absorbent paper and season with salt.

4 To prepare, Cook the gnocchetti sardi in abundant salted boiling water and drain them few minutes before end of cooking. Whisk pasta with the turnip greens purée. Just before serving, add the cod and **some** drops of extra virgin olive oil. Place the pasta in a dish and decorate with crunchy bread.



Risotto with olive oil and Grana Padano, vegetables and scampi 'in pinzimonio'



MAKES 4 **PREP** 20 mins **COOK** 30 mins

FOR THE RISOTTO

240g rice

50ml white wine

600ml veal stock, or vegetable stock

45g Grana Padano cheese, grated

1 knob of butter

Extra virgin olive oil

Salt, to taste

FOR THE VEGETABLES AND SCAMPI 'IN PINZIMONIO'

8no scampi

2 carrots

2no zucchini

4no green asparagus

✦ fennel

1 lemon juice

White balsamic vinegar

Extra virgin olive oil Salt

FOR THE GARNISH

Chervil

Edible flowers (optional)

1 For the risotto: Toast the rice until translucent in a frying pan with a knob of butter. Pour white wine and evaporate. Add the hot tomato consommé slowly, stirring continuously. When the rice is 'al dente', toss with grated Grana Padano cheese. Stir until cooked, adding extra virgin olive oil and salt, if needed.

2 For the vegetables and scampi 'in pinzimonio': Shell the scampi and clean them, removing channels on back. Wash and peel the vegetables. Cut them into long strips and add the scampi. Marinate scampi together with vegetables and a few drops of lemon juice, a drizzle of white balsamic vinegar and extra virgin olive oil and salt for 15 minutes.

3 To prepare, place the risotto at the center of the plate and garnish it with vegetables and scampi 'in pinzimonio', chervil and edible flowers.

Perfect pasta cooking tips

- Always cook pasta in a very large pan of salted, boiling water. If you don't give the pasta enough space to move in the pan, it will stick together. Italians say the water should be as salty as the sea to flavour the pasta.
- There is no need to add olive oil to your pasta when cooking. It won't prevent it from sticking together, and will just end up down the drain.
- The classic British version of spag bol usually consists of cooked spaghetti topped with saucy mince, but in Italy, the pasta and sauce are always combined in the pan to ensure every piece of pasta is coated.
- Don't cook the pasta all the way through in the water. Instead, drain it when it still has a little bite, then add to the sauce and continue cooking for a few minutes more until the pasta is cooked and has absorbed a little of the sauce.
- When draining the pasta, make sure you save a cup of the pasta water. Then, when you add the pasta to the sauce, splash in a little of the water if it looks too dry. The starch in the water will help the sauce cling to the pasta.

Pasta shapes



TUBES

Penne, rigatoni, macaroni, paccheri

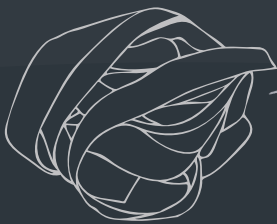
Hearty vegetable sauces, or baked cheese dishes. Also good with Bolognese or ragu.



LONG AND SKINNY

Spaghetti, linguine, fusilli lunghi, vermicelli

Light seafood sauces, cream- or oil-based sauces. cheese dishes. Also good with Bolognese or ragu.



LONG RIBBONS

Tagliatelle, pappardelle, fettuccine, mafaldine

Rich, meaty sauces.



MINI SHAPES

Orzo, fregola, canestrini, stelline

In soups and stews or as pasta salads.



FILLED PASTA

Ravioli, tortellini, cappelletti

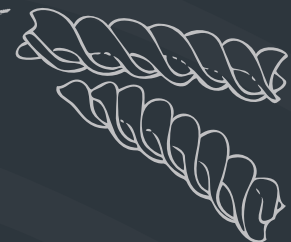
As the filling contains lots of flavour, these are traditionally served with a light butter or oil sauce.



SHELLS

Conchiglie, lumache

Heavy cream or meat sauces; large ones can be stuffed.



TWISTS

Fusilli, trofie, strozzapreti, casarecce, gemelli

Lighter, smoother sauces which will cling to the twists, such as pesto.

PASTA

Whats it called?



BIGOLI PASTA
Veneto, north Italy

Thick, noodle-like spaghetti, often made from wholewheat flour, butter and duck eggs. Like other long, thin pasta, this is best served with light seafood sauces, cream- or oil-based sauces.



STROZZAPRETI PASTA
Emilia Romagna, north Italy

The name for these short twists translates as 'priest strangler' - inspired by the legend that greedy priests would eat the strozzapreti, given to them by locals, so quickly that they might choke on it. Serve with light, smooth sauces that will cling to the twists - pesto would work well.



TROFIE PASTA
Liguria, north Italy

These small, rolled pasta shapes are traditionally served the Genovese way with pesto, green beans and potatoes.



GIGLI PASTA
Tuscany, central Italy

Gigli translates as 'lilies' - this fluted pasta is specifically from Florence, where the lily is the local emblem.



CHITARRA PASTA
Abruzzo, central Italy

Chitarra means 'guitar', and this long thin pasta is cut using a harp-like tool. The fresh pasta dough is pushed through the fine strings to cut it into strands. Serve with silky cream- or oil-based sauces.

WE LOVE PASTA

Trivelli De Cecco with eggplants, pine seeds
and raisins

MAKES 4 **PREP** 40 mins **COOK** 20 mins

FOR THE EGGPLANT

2 eggplants

Salt, to taste

Extra virgin olive oil

FOR THE TOMATO SAUCE

500g cherry tomatoes

1 clove garlic

Chilli pepper, to taste

30g raisins

300g pine seeds

Extra virgin olive oil

Salt, to taste

FOR THE DRESSING

60g salted ricotta

6 leaves of fresh mint

6 leaves of basil

FOR THE PASTA

320g trivelle pasta

1 For the eggplants: Peel the eggplants, dice them and salt lightly. Let rest for 30 minutes. Heat a non-stick frying pan, oil the internal part and brown the eggplants until they are golden.

2 For the tomato sauce: Brown the garlic and the chilli pepper in a frying pan with extra virgin olive oil, add the cherry tomatoes washed and cut in quarters and allow to cook for 10 minutes. Add the eggplants, chopped raisins and pine seeds that should be previously toasted. Cook for 5 minutes and season with salt.

3 To prepare, cook the trivelle pasta 'al dente', drain the pasta and dress with the sauce. Add the salted ricotta, chopped mint and basil, whisk well and serve.



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Indian oven chips

For super-crisp oven chips or wedges, boil them the day before, then roast from chilled. This means there's no steam or moisture from the just-boiled potatoes to counteract the crisping process.

EASY **V** **GOOD 4 YOU** **GLUTEN FREE**

SERVES 6-8 **PREP** 10 mins plus overnight chilling
COOK 55 mins

1kg/2lb 4oz floury potatoes such as Maris Piper, peeled and cut into chunky chips

1/2 tsp turmeric

3 tbsp sunflower oil

thumb-sized piece of ginger, peeled and chopped, or finely grated into a paste

3 garlic cloves, chopped, or finely grated into a paste

1 tsp fennel seeds

generous pinch of cayenne pepper

1 The day before you plan to eat them, tip the potatoes into a pan of cold water and add the turmeric and pinch of salt. Bring to the boil, and simmer gently for 2-3 mins until just cooked. Drain, leave to cool, then chill overnight if you can.

2 Heat oven to 200C/180C fan/gas 6. Drizzle 1 tbsp of the oil in a shallow roasting tin (preferably non-stick), and place in the oven. Pour the rest of the oil into a large bowl and add the ginger, garlic, fennel seeds and cayenne pepper. Tip the cold chips into the bowl and gently toss with your fingers until evenly coated. Remove the tray from the oven and scatter over the chips. Use a spatula to coat the chips in the hot oil, then lay them out in a single layer and roast for 30 mins. Use the spatula to turn, then return to the oven for 15 mins until crisp and golden.

PER SERVING (8) energy 140 kJ • fat 4g • saturates 1g • carbs 21g • sugars 1g • fibre 2g • protein 3g • salt none



Curried pulled lamb

If you treat this recipe as a staggered process over a couple of days, this will result in the best-flavoured curry sauce for dipping in your chips. When it comes to serving, place the lamb on a board with a couple of forks for shredding, and have a pile of flatbreads on the side to wrap up tender mouthfuls of meat.

A LITTLE EFFORT **GLUTEN FREE**

SERVES 6-8 **PREP** 45 mins plus a few hrs marinating and overnight chilling **COOK** 4 hrs

2kg/4lb 8oz shoulder of lamb

3 tbsp sunflower oil

2 onions, sliced

1 cinnamon stick

4 cardamom pods

2 bay leaves

1 tsp light muscovado sugar

1 tbsp malt vinegar

2 large tomatoes, roughly chopped

100g/4oz natural yoghurt

FOR THE SPICE PASTE

6 garlic cloves

thumb-sized piece of ginger, peeled and roughly chopped

1 green chilli, roughly chopped (deseeded if you don't like it too hot)

1 tsp turmeric

1 tsp mild chilli powder

2 tsp ground cumin

1 tbsp ground coriander

TO SERVE

coriander leaves, mint leaves, chopped green chilli (deseeded if you don't like it too hot), chapatis

1 Up to 2 days before the meal, tip all the spice paste ingredients into a mini chopper or small food processor with a splash of water and a pinch of salt. Blitz until smooth. Lightly score the lamb a few times on all



sides and rub about a third of the paste all over. If you have time, cover the lamb and leave in the fridge for a few hours or overnight, and chill the remaining paste.

2 The day before you want to eat the lamb, heat oven to 160C/140C fan/gas 4. Heat 2 tbsp of the oil in a casserole or flameproof roasting tin that is big enough to fit the lamb snugly. Add the onions, cinnamon, cardamom and bay leaves to the hot oil and cook for 10 mins, stirring occasionally, until the onions are soft and starting to brown. Sprinkle over the sugar and splash in the vinegar, then sizzle for 1 min. Tip in the remaining curry paste and cook everything for 1 min until aromatic.

3 Add the tomatoes and cook for 1 min more, then stir in 200ml water and the yoghurt. Season with salt and bring everything to a simmer. Nestle the lamb into the sauce and spoon over some of it. Cover the pan with a lid or tightly with foil and place in the oven for 3 hrs until the lamb is really tender. Leave the lamb to cool in the sauce, then lift it out and tip the sauce into a container – cover both and chill in the fridge overnight.

4 On the day you want to eat the lamb, heat oven to 200C/180C fan/gas 6. Put the lamb on a shallow roasting tin, brush with the remaining oil and roast in the oven for 40 mins until nicely browned. While the lamb is roasting, scoop off and throw away the solidified fat from the sauce, then tip the sauce into a saucepan and simmer for 10 mins until thickened, and season to taste. Blitz the sauce with a hand blender until reasonably smooth, then reheat in the pan. Serve the lamb on a board, with the sauce for spooning over, and the coriander, mint, chillies and chapatis on the side.

PER SERVING (8) energy 477 kJ • fat 35g • saturates 15g • carbs 6g • sugars 4g • fibre 1g • protein 34g • salt 0.3g

WANT TO GET AHEAD?

■ The lamb can be braised up to 2 days ahead, then chilled until ready to roast.

■ The chips can be boiled up to 2 days ahead and chilled until you are ready to roast them.

■ The mint relish can be made the day before. Keep it chilled until ready to serve.

THE BIG LUNCH

Curried pulled lamb
Indian oven chips,
spiced salt & curry sauce
Cucumber & mint relish
Tomato kachumber

Tomato kachumber

Curried pulled lamb

Spiced salt

Cucumber &
mint relish

Indian oven chips





Tomato kachumber

Kachumber is an Indian chopped salad or salsa. Here I've kept it pretty basic, but diced cucumber, coarsely grated carrot, sliced radish and chopped red or yellow pepper could all happily join the party.

EASY V LOW FAT GOOD 4 YOU GLUTEN FREE

SERVES 6-8 **PREP** 15 mins **NO COOK**

4 tomatoes, chopped
1 small red onion, chopped
juice ½ lemon
pinch of cayenne pepper
½ tsp cumin seeds
handful coriander leaves, chopped
mint leaves, green chilli, sliced (optional)

Mix all the ingredients together in a bowl until well coated, and cover until needed. Scatter over mint and chilli, if you like, before serving.

PER SERVING (8) energy 12 kcs • fat none
• saturates none • carbs 2g • sugars 2g • fibre 1g • protein none • salt none



Cucumber & mint relish

This is cooling and spicy in equal measure. If you prefer it without heat, simply leave out the chilli.

EASY V LOW FAT GOOD 4 YOU GLUTEN FREE

SERVES 6-8 **PREP** 15 mins **NO COOK**

½ cucumber
large pack mint, leaves picked, plus extra, to serve
1 garlic clove
small piece of ginger, peeled
100g/4oz natural yoghurt

1 Peel the cucumber and coarsely grate the sides, discarding the seeds. Season generously with salt. Tip into a colander or sieve and leave for 10 mins to drain, then squeeze out as much liquid as you can and tip into a bowl.

2 Tip the remaining ingredients into a mini chopper or food processor and blitz. Pour the sauce over the cucumber and stir, then chill until needed. Serve scattered with mint.

PER SERVING (8) energy 18 kcs • fat 1g
• saturates none • carbs 2g • sugars 1g • fibre none • protein 1g • salt none



Spiced salt

To make a spiced salt that goes with everything on the table, simply mix **50g sea salt flakes** with **1 tbsp garam masala**, **1 tsp dried mint**, **1 tsp black onion seeds** and a **small pinch of ground cinnamon**. Keep the salt coarse and flaky, or grind in a spice grinder for a powdered seasoning.

Say goodbye to belly fat!

“How do I get rid of my belly fat?” is the burning question on everyones mind. Dubai-based Nutritionist, Chloe Moir tells us exactly what we should be doing to banish that bulge

It may come as a surprise, but to shift belly fat it's not all about eating less calories through dieting and burning more in the gym. Your hormones and digestion play a big role and are often forgotten about - the main hormones that are key players in belly fat are insulin and cortisol, while digestion problems arise through eating highly inflammatory foods such as gluten. The following factors may be the reasons why your abs haven't appeared yet.

#1: Insulin

When you eat carbohydrates the body breaks it down into a simple sugar molecule glucose. Glucose is passed through the small intestine and into the blood. The liver detects a rise in blood sugar levels and secretes insulin, and the type of carbohydrate you eat determines the amount of insulin that is released. Carbohydrates with a low glycemic index (quinoa, sweet potato, oats, wild rice, buckwheat, legumes) release blood sugar levels slowly, creating a low release of insulin. Carbohydrates with a high glycemic index (bread, white rice, pasta, cakes, sugar, chocolate) create a blood sugar level spike and lead to a large release of insulin, which favours fat storage.

AN INFLUX OF INSULIN IN THE BLOOD CAUSE:

- Fat cells to take up sugar and store it.
- You will stop burning fat for fuel, and only once insulin levels drop will your body start to burn fat again.
- High levels of insulin will suppress the release of growth hormone (a hormone responsible for fat burning, muscle growth and metabolism).

HOW TO REDUCE INSULIN LEVELS IN THE BLOOD:

- Eat only low glycemic index carbohydrates.
- Save the carbohydrates for after your workout. For glucose to cross the membranes of cells, a 'glucose transporter' is required. Exercise

temporarily increases the amount of glucose transporters on muscle cells. This will encourage the muscles to take up more glucose and store it as glycogen rather than fat cells to take up glucose and store it as triglyceride.

#2: Cortisol Hormone

Cortisol is a hormone produced by the adrenal glands in response to stress on the body. Studies now suggest that high cortisol levels can increase our visceral fat and the body will actually resist fat loss. The fat cells on our stomach have more cortisol receptors (which turn cortisol into an active form) than other fat cells in the body. Therefore while cortisol levels remain high the body will prefer to hold on to that belly fat!

HIGH CORTISOL LEVELS WILL CAUSE:

- An increase blood sugar levels, which of course will increase insulin levels.
- Decrease our body's response to the leptin (hormone that makes us feel full).
- Activates a part of the brain that makes you crave sugary foods.
- Decrease insulin sensitivity and glucose tolerance drops.

HOW TO REDUCE CORTISOL LEVELS IN THE BODY:

- Eat healthy food at regular intervals and avoid skipping meals.
- When you eat food, cortisol levels rise. Cortisol levels in the body are naturally higher during the morning and lower in

the evening, to help the body sleep. Have your larger meals in the morning and lunch, and then keep dinner small to decrease cortisol release in the evening.

- Irregular sleep patterns disrupt cortisol levels. Get into a sleep routine and hit the pillow for at least 8 hours.
- Try de-stressing techniques such as meditation to can help the reduce stress. If you are new to meditation then have a look at Headspace, which is an awesome guided meditation and mindfulness app.

#3: Gluten Intolerance

Gluten is a protein in wheat, rye and barley responsible for providing baked goods with a spongy and sticky texture. Once gluten is detected in the gut, the immune system is trigged and the result is an inflammatory response to the gut wall. Once the gut is inflamed the body is prone to many other reactions and this can often spiral out of control. The main symptom of gluten intolerance is stomach bloating; a flat stomach can turn into a protruding belly within an hour of consuming gluten. Other symptoms include stomach pain, gas and for some people it can directly cause weight gain.

HOW TO FOLLOW A GLUTEN-FREE DIET:

- Base your diet around earth grown nutrients. This means lots of fresh fruit and vegetables meats, eggs, nuts, legumes, healthy fats and gluten free grains e.g. rice, buckwheat, millet and

quinoa and dairy if you are able to digest it.

- Avoid processed carbohydrates such as bread, pasta, biscuits, cakes, crackers etc.
- Start checking the ingredient list of food products. Foods such as sauces, baked beans, baking powder, dressings/ mayonnaise, gravies, processed meats, sausages, soups, soy sauce, stock cubes/powder, tofu and vinegar often contain added gluten.



Nutritionist Chloe Moir has a Bachelor of Science degree with a double major in Human Nutrition and Sports & Exercise Science, as well as 4 years experience working as a Nutritionist and Personal Trainer in New Zealand. She teaches her clients to make healthy choices and small lifestyle changes that help them to achieve their personal goals. Chloe has a food and nutrition blog where she shares nutrition tips, her view on current nutrition trends and a lot of delicious, nutritious recipes. www.chloemoirnutrition.com





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Let's eat more... *oily fish*

Nutritious and easy to cook, oily fish is a top catch.
Food writer **Jane Hornby** shares three new ways to cook it

Photographs Tom Regester



Korean fishcakes with fried eggs & spicy salad

Roast mackerel with beet & spelt salad



Flashing silver and full of flavour, oily fish like mackerel, salmon and sardines are regulars in my kitchen. A healthy option, they are also

better value for money than the most popular (and often over-fished) chunky white fish.

So, what makes oily fish different to white? White fish contain their oils within the liver, whereas oily fish store their oils in the muscle. Oily fish pretty much self-bastes in the pan and the flesh is less prone to drying out.

The healthy benefits are down to the high concentration of a type of fat, essential to our health, called omega-3. Eating one or two portions of oily fish a week may help to protect your heart, ease creaky joints and even boost brain power. What's more, when the sun's not shining, oily fish provide a valuable source of bone-boosting vitamin D.

Canned oily fish (with the exception of canned tuna) provides a healthy dose of omega-3 from the storecupboard too – I often rustle up sardines on toast (mashed roughly with capers, chilli, lemon juice and olive oil). Especially complementary are sharp or hot flavours that cut through and freshen: garlic, chilli, coriander, citrus, spices and punchy dressings work well. Smoked fish has good omega-3 content too, but also a higher salt content – so moderation is key. (Oily fish can contain low levels of pollutants, including mercury, so it's best not to eat too many portions a week, and check government guidelines if you're expecting or planning a pregnancy.)

More good news is that most oily fish can be sustainably sourced. Choose line-caught sea fish, and pick tuna carefully in particular. Farmed oily fish, such as salmon and trout, have the same health benefits as wild, but it's up to you to buy fish farmed to high standards for both welfare and environmental impact. Look for the blue MSC label or, for guidance, visit fishonline.org.

Look out for

- Anchovies
- Herring
- Mackerel
- Salmon
- Sardines (pilchards are large sardines)
- Sprats
- Trout
- Tuna

Roast mackerel with beet & spelt salad

This recipe ticks so many health boxes – yet it still feels like a treat. Roasting whole fish on the bone retains flavour (plus there's no need to turn the fish as it cooks), but if you prefer to use fillets, they'll roast or grill in just 10 minutes.

EASY FOLATE FIBRE IRON OMEGA-3 2 OF 5 A DAY

SERVES 2 (easily doubled) **PREP** 15 mins

COOK 1 hr

300g/11oz whole raw beetroot, scrubbed

2 tbsp olive oil

3 large garlic cloves, crushed but left in their skins

250g pouch ready-cooked spelt
(or cook your own – see below left)

2 tsp clear honey

3 tbsp Sherry vinegar

1 tbsp toasted pine nuts or flaked almonds

50g/2oz dry pitted black olives, roughly chopped (I use the dry Provençal type for texture)

2 whole cleaned mackerel

½ tsp hot smoked paprika

1 tsp cumin seeds, crushed

1 tsp ground coriander

small pack dill, roughly chopped

small pack coriander, roughly chopped (optional)

1 small red onion, finely sliced

thick creamy yoghurt, to serve

1 Heat oven to 200C/180C fan/gas 6. Cut the beets into wedges and toss with 1 tbsp oil plus some seasoning in an oiled, medium roasting tin. Roast for 40 mins, adding the garlic to the tin with 20 mins to go, until tender and caramelised.

2 Cook the spelt following pack instructions. Whisk together the remaining oil, the honey and vinegar. Toss this, plus the spelt, nuts and olives, into the beetroot and set aside to cool.

3 Line a large baking tray with foil. Slash the fish a few times down to the bones on each side and place on the foil. Mix the spices with seasoning, then rub them all over the fish. Raise the oven to 220C/200C fan and roast the fish for 15-20 mins or until golden and the dorsal fin at the back pulls away easily.

4 Just before serving, fold the herbs and red onion into the salad. Season to taste and serve with the fish and a dollop of the yoghurt.

PER SERVING 855 kJals • fat 52g • saturates 9g • carbs 50g • sugars 18g • fibre 12g • protein 42g • salt 2.5g

Korean fishcakes with fried eggs & spicy salad

EASY HEART HEALTHY FOLATE VIT C 2 OF 5 A DAY

SERVES 4 (easily halved) **PREP** 15 mins

COOK 12 mins

FOR THE FISHCAKES

4 x loch trout or rainbow trout fillets, skinned and cut into 1cm/½in pieces (about 450g/1lb fish)

2 tsp finely grated ginger

1 fat garlic clove, crushed

1 tsp light soy sauce

bunch spring onions, thinly sliced

1 large egg white, beaten until frothy

2 tbsp rice flour

2½ tbsp vegetable oil, for frying

FOR THE SALAD

1 pointed or small white cabbage, cored and finely shredded (about 350g/12oz)

100g/3½oz radishes, thinly sliced

2 tbsp Chinese rice vinegar

1 tbsp sesame oil, plus 2 tsp to serve

1 tsp gochujang, plus 2 tsp to serve (see Tips, below left)

1 tsp golden caster sugar

1 garlic clove, crushed

2 tsp light soy sauce

4 medium eggs

1 tbsp sesame seeds, toasted

1 red chilli, finely sliced, to serve (optional)

1 For the fishcakes, mix the fish with the ginger, garlic, soy and half the spring onions. Stir in the egg white and rice flour.

2 Toss the cabbage and radishes with the vinegar, 1 tbsp sesame oil, 1 tsp gochujang, the sugar and garlic. Set aside. Stir together the remaining sesame oil, gochujang and the soy sauce to make a drizzling sauce for later.

3 Heat 1 tbsp oil in a large, non-stick frying pan. Split the fish mixture into eight, then spoon four into the pan, pressing the mix to

make cakes about 8cm across. Fry for 2 mins each side until just cooked through and golden. Add another 1 tbsp oil to the pan and repeat with the remaining fish. Keep warm in a low oven.

4 Add the remaining oil to the pan. Fry the eggs for 2-3 mins until crisp but with a runny yolk. Serve the fishcakes with the cabbage, and top with the egg and sesame seeds. Scatter with the rest of the spring onions, red chilli (if using) and some of the chilli sesame drizzle.

PER SERVING 451 kJals • fat 27g • saturates 4g • carbs 15g • sugars 7g • fibre 4g • protein 35g • salt 1.0g



Jane's tips

- **To cook your own spelt,** cover 100g (makes 250g) pearled spelt with cold water and bring to a simmer. Add a little vegetable bouillon powder if you like. Cook for 20 mins until just tender, then drain.
- **Gochujang paste,** a spicy and pungent Korean condiment,

is available from larger supermarkets, online and in specialist shops. If you can't find it, use half sriracha and half miso paste instead for a similar flavour and texture. Gochujang lasts for ages in the fridge, so it's worth buying if you want to try more Korean recipes.

Tuna Caesar with anchovies & cavolo nero

A healthy and seasonal version of the classic Caesar. Make into a main meal with the addition of fresh tuna.

EASY CALCIUM VITC OMEGA-3 100% ADAY

SERVES 2 (easily doubled) **PREP** 15 mins

COOK 20 mins

1 thick slice Italian bread (about 85g/3oz), cubed

3 tsp extra virgin olive oil, plus a drizzle to serve (optional)

1 lemon, zested and halved

2 thick tuna steaks

(about 200g/7oz each)

2 anchovy fillets packed in oil, roughly chopped

1 garlic clove, crushed

2 heaped tbsp mayonnaise

4 tbsp buttermilk

1 tsp Dijon mustard

few drops Worcestershire sauce

25g/1oz Parmesan, finely grated,

plus extra shavings to serve

175g/6oz cavolo nero, central ribs removed,

torn into bite-sized pieces

1 Heat oven to 180C/160C fan/gas 4.

Toss the bread with 1 tsp oil, season, then scatter over a baking sheet. Bake for 10-12 mins or until crisped and golden.

2 Rub 1 tsp oil, half the lemon zest, some salt and plenty of black pepper over the tuna steaks. Set aside.

3 Gently heat the remaining oil in a non-stick frying pan. Add the anchovies and garlic, and cook for 1 min, mashing the anchovy to create a purée. Scrape into

a into a large bowl, then stir in the mayo, buttermilk, mustard, Worcestershire sauce and Parmesan, plus the rest of the lemon zest and 1 tbsp lemon juice to make a loose dressing.

Tumble the leaves into the dressing and massage well to make sure they are well coated. Leave for 5 mins

so that the dressing begins to soften the cavolo nero.

4 Wipe out the frying pan and set over a high heat. Sear the tuna for 2-3 mins each side until just pink in the middle, or longer if you prefer. Let it rest on a plate for 1-2 mins. Pile the dressed cavolo nero onto plates, top with the fish, then scatter with the shaved Parmesan and croutons. Drizzle with a little more extra virgin olive oil, if you like, then serve with the rest of the lemon, cut into wedges.

PER SERVING 747 kcal • fat 38g • saturates 6g •

carbs 34g • sugars 5g • fibre 2g • protein 66g • salt 19g





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What to eat for your age

*As our bodies change, so do our nutritional needs. Keep in optimum health whatever your age with this practical guide from nutritional therapist **Kerry Torrens***

*Illustrations **Jessie Ford***

20s-30s

Your metabolism is at its peak, so you'll use lots of calories just going about your day. But don't burn the candle at both ends or cut nutritional corners - convenience foods won't supply key nutrients like stress-busting B vitamins.

Invest in the future of your bones now. Post-30, your bones lose density, so optimise their strength by including calcium, magnesium and vitamin D in your diet. Also, if you're planning to start a family, make sure your diet is as good as it can be.

Spinach For iron, B vitamins and magnesium - and vitamin K, which is good for your bones. Green leafy veg is packed with folic acid, which is crucial for pre-conception and the first 12 weeks of pregnancy (you should also take a supplement).

Dried apricots

The fibre helps achieve a sweet 'hit' without a blood sugar rush. They're also a source of calcium, iron and bone-building phosphorus, plus folic acid.

Bananas For potassium, which can help with water-retention. The magnesium and vitamin B6 together help you manage anxiety.

Brown rice Full of fibre, wholegrain rice contains an amino acid that your body converts to a calming brain chemical called GABA, which soothes rattled nerves.

Chicken Lean protein is full of B vitamins. The darker thigh meat is rich in zinc and iron.

Eggs A source of liver-friendly choline (ideal for the morning after) and vitamin D for healthy bones. Choose eggs rich in omega-3, as these fats help to create serotonin, the feelgood hormone, which reduces the risk of depression.

TRY NOT TO... Eat without thinking Make every mouthful count by getting into the habit of asking 'Do I need it/want it/like it?'



40s

Most of us notice our bodies changing by this point. Above all, it's harder to fight the flab because our metabolism is slowing - so make healthy eating a habit, and opt for slow-release carbs rather than over-processed, refined ones.

For women, fluctuating hormone levels can cause mood swings and weight gain, and may suppress the thyroid gland, which affects weight and energy levels. Plant foods, such as lentils, soy, chickpeas and flaxseeds, are useful to counter this. They supply phytoestrogens - compounds that mimic the effect of oestrogen. Heavy periods may lead to low iron levels and anaemia, leaving you tired and prone to infection, so make sure you get enough iron.

Wholegrain rye won't give you the insulin spike that wheat does, so it's easier to manage blood sugar levels and curb carb and sweet cravings.

Lentils and chickpeas For isoflavones, plant compounds that act like oestrogen and help to balance hormones.

Cabbage, cauliflower and broccoli contain compounds called indoles, which help balance oestrogen levels and alleviate breast tenderness, mood swings and sugar cravings.

Oranges For vitamin C, which helps us absorb iron, boosts immunity and builds collagen for younger-looking skin.

Seaweed (nori or wakame) is full of minerals, which helps us cope with stress, and iodine and selenium - good for a functioning thyroid

Red meat Lean cuts of beef, lamb and pork are sources of haem iron, the easiest form to absorb.

LIMIT THE BOOZE Stick to guidelines of 2-3 units a day for women and 3-4 units for men, and aim for two consecutive alcohol-free days each week.
Avoid drinking tea and coffee before a meal - the tannins may prevent you absorbing minerals like iron.



50s

Now that oestrogen levels have dropped, a woman's risk of heart disease is the same as a man's. Check your cholesterol and keep an eye on your blood pressure. Your skin will feel a little thinner and less elastic as hormone levels decrease.

Plant oestrogens and fermented foods are especially valuable now - try to eat a couple of servings a day. Your body doesn't need so much energy to keep it going, so if you're eating as much as you have always done, stay active.



Flaxseeds

One of the richest plant sources of omega-3 fatty acids - one tablespoon a day lowers cholesterol. These little seeds are rich in lignans, which help balance hormone levels. It's best to grind them before eating.

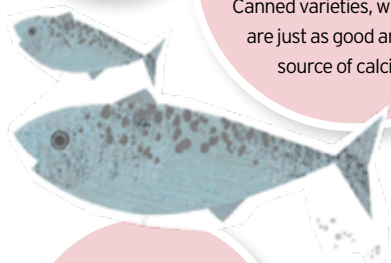


Beetroot

helps your muscles to work harder, lowers blood pressure and is a good source of folic acid.



Oats help to stabilise blood sugar levels, keeping you fuller for longer, and the fibre (beta-glucan) helps to lower cholesterol.



Oily fish

Salmon, mackerel, sardines and trout contain omega-3 fatty acids, which reduce cholesterol and protect against heart disease. Canned varieties, with bones, are just as good and a rich source of calcium.

Garlic

Anti-viral, anti-bacterial and with anti-blood-clotting properties, garlic boosts immunity and keeps arteries clear.

Live yogurt

Fermented food helps your gut and immune system stay healthy.



WATCH OUT...

Don't rely on skimmed milk to manage your weight. Recent studies suggest it's no healthier than full-fat milk, which helps the body absorb valuable fat-soluble vitamins like A and D.

60s-70s

Our bodies are now less efficient at digesting and absorbing nutrients, so choose nourishing, nutrient-dense foods, and plenty of fruit and veg to keep your brain and eyesight sharp. If you're less active, choose low-fat protein like seafood, and protect bones and joints with calcium, vitamin D and pain-relieving omega-3 oils.



Mussels

are a source of omega-3, which fights dementia, alleviates depression and eases joint pain. They also supply vitamin B12, important for energy and cognitive function.



Yeast extract

(Marmite) provides vitamin B12 - if you're deficient, you might notice muscle weakness and 'pins and needles'. Yeast extract also supplies amino acids and B vitamins to maintain a healthy nervous system.

Blueberries

are packed with polyphenols, which boost brain health and circulation, and may help to lower blood pressure post-menopause.



Walnuts

For omega-3, crucial for brain and nerve function. All nuts contain valuable minerals including selenium, magnesium, iron and zinc; eat a small handful a day.

Avocado

promotes the antioxidant glutathione, which helps your liver work more effectively, and its monounsaturated fats help manage cholesterol and fight cancer, heart disease and the effects of ageing.



Kale

contains protective antioxidants lutein and zeaxanthin, which reduce the risk of age-related eye degeneration and cataracts. Kale is also packed with calcium.



CUT THE SALT

Our tastebuds lose sensitivity as we age, so take care not to over-salt your food - this can raise blood pressure and aggravate bone loss. Flavour food with herbs and spices instead.



Find recipes using these ingredients at bbcgoodfoodme.com

Bake a gift

These floral showstoppers make for beautiful dinner party desserts or impressive presents

Photographs **Philip Webb**



Apple rose tart, p73



Sugared flower shortbreads, p74

Vanilla cupcake bouquet, p72





Vanilla cupcake bouquet

This bouquet takes a little time to make, but makes for the most awe-inducing gift.

MORE OF A CHALLENGE ❄️ un-iced cupcakes only

MAKES 15 large cupcakes **PREP** 1 hr
COOK 35 mins

FOR THE CAKES

300g/11oz unsalted butter
250g/9oz natural yoghurt
6 eggs, beaten
2 tsp vanilla extract
250g/9oz self-raising flour
300g/11oz golden caster sugar
140g/5oz ground almonds
½ tsp baking powder

FOR THE BUTTERCREAM ICING

300g/11oz unsalted butter, softened
600g/1lb 5oz icing sugar
2 tbsp milk
2 tsp vanilla extract
food colouring paste of your choice (we used pink and purple)

500g/1lb 2oz white fondant icing
YOU WILL NEED

15 green muffin cases
2 disposable piping bags
1 small paintbrush
1 large curved star piping nozzle
3-piece set of sunflower cutters
23cm Oasis Foam Frame



For a video showing how to decorate cupcakes, visit bbcgoodfoodme.com

24-25cm basket or bowl

15 lollipop sticks

light and dark green tissue paper
coloured tissue paper to wrap the bouquet
(I used pale pink and blue) and a large sheet of cellophane (optional)

1 First, make the cakes. Heat oven to 180C/160C fan/gas 4 and line two 12-hole muffin tins with 15 muffin cases. Melt the butter in a small saucepan or in the microwave, then leave to cool a little. Transfer to a large jug and stir in the yoghurt, eggs and vanilla. Beat until combined.

2 Tip the flour, sugar, almonds, baking powder and ½ tsp salt into a large bowl. Stir to combine, then make a well in the centre. Pour in the wet ingredients and mix using a spatula or electric whisk until lump-free. It will be quite a runny mixture.

3 Spoon the mixture into the muffin cases so they are two-thirds full, using all of the mixture. Bake in the oven for 25-30 mins or until a skewer inserted into the centre comes out clean. Transfer to a wire rack to cool completely.

4 Meanwhile, make the buttercream icing. Beat the butter with half the icing sugar, then, once smooth, add the remaining icing sugar, the milk and vanilla extract. Beat again until fluffy and smooth. Reserving two large spoonfuls of the icing for the fondant cupcakes, halve the remaining icing and put

into two bowls. Use a little of the pink food colouring to turn half of the icing pink, beating the icing until it changes colour. Use the purple colouring to do the same with the other half. Set all the icing aside at room temperature and cover the surface with cling film (or keep in the fridge overnight).

5 To make the fondant flowers, roll out 250g of the fondant icing to a 1cm coin thickness. Use the 3-piece cutters to stamp out three sunflowers. You will need to use each cutter three times (see **pic A**). Scrunch pieces of foil into doughnut shapes and place in the muffin tin.

Sit the flowers on top and leave to set for 30 mins. This will set the shape so the petals look more 3D. If you need more icing, roll out a little more until you have the right amount of flowers.

6 Using the reserved white buttercream, gently sandwich the flowers together. Dot a little buttercream in the middle of the biggest flower and put the medium-sized flower on top of it. Repeat with the smallest flower on top.

7 Next, decorate the cupcakes. Pipe the buttercream roses and hydrangeas onto 12 of the cupcakes. Use the paintbrush to paint four stripes of pink food colouring from the bottom to the middle of a piping bag - this will create a dark pink outline for the roses. Drop the curved 2D nozzle into the end of the bag and snip off the end so that the tip is fully exposed. Pop the bag over a jug or large glass and fold over the top (this will make it easier to pile in the buttercream). Make sure all the air is out of the piping bag when you take it out of the jug, as this will ensure you pipe evenly. Starting in the middle of the cupcake, hold the bag directly above the cake and pipe a swirl in a clockwise motion, applying a steady pressure until you reach the edge of the cupcake. Repeat with another five cupcakes until you have six pink rose cupcakes. Set aside.

8 To pipe the hydrangeas, use the paintbrush to paint four stripes of purple food colouring from the bottom to the middle of another piping bag, to create a



A



B



C

dark purple outline for the hydrangeas. Hold the piping bag directly above the cupcake and pipe small star shapes to cover the entire surface (**pic B**).

9 Next, spoon the remaining white buttercream onto the remaining three cupcakes to completely cover. This will be the 'glue' for the fondant flowers. Carefully place each fondant flower on top of the cupcakes.

10 To assemble the bouquet, sit the Oasis in your basket or bowl. Cut the green tissue paper into small squares, laying a lighter piece over a darker piece, and fold in half, then half again, to create the leaves. Ruffle them up a little for a more natural look. Using a small sharp knife, poke a little hole in the bottom of your cupcakes and carefully insert a lollipop stick into each one. One at a time, push the bottom of the stick into the Oasis - ensuring that you push the stick, not the actual cupcake, or you may damage the icing. Arrange the flowers so the three fondant flowers are near the middle, working outwards with the rest of the cupcakes until it starts to resemble a bunch. As the fondant flowers are quite heavy, roll out some small balls of leftover fondant to push under each cupcake base as support (**pic C**).

11 Slot the green tissue in between each cupcake so it surrounds them. Then lay the blue tissue paper over the pink paper and sit your basket carefully on top. Use sellotape to cover the entire basket in the tissue. Once it's covered, do the same with the cellophane, if using. Keep in a cool place until presenting. *The cupcakes will keep up to 4 days in an airtight container.*

PER SERVING 759 kcs • fat 41g • saturates 22g • carbs 89g • sugars 75g • fibre 1g • protein 8g • salt 0.5g



Apple rose tart

An elegant dessert that will have everyone asking 'How did you do that?' Try serving with a scoop of crème fraîche or vanilla ice cream.

Miriam Nice

MORE OF A CHALLENGE ❄️

SERVES 8-10 mins **PREP** 1 hr plus chilling
COOK 1 hr

FOR THE PASTRY

100g/4oz butter
200g/7oz plain flour
1 tbsp golden caster sugar
1 egg, separated
splash of vanilla extract

FOR THE FILLING

3 red apples, cored, halved and thinly sliced
juice 1/2 lemon
100g/4oz marzipan
100g/4oz butter, melted
100g/4oz golden caster sugar
2 eggs
140g/5oz ground almonds
75g/2 1/2oz plain flour
1 tbsp milk
4 tbsp apricot jam
icing sugar, for dusting
YOU WILL NEED
23cm square fluted loose-based tart tin

1 First, make the pastry. Rub the butter and flour together in a large bowl using your fingertips. Work through the mixture until it resembles breadcrumbs. Stir in the sugar, egg yolk (reserve the white), vanilla extract and 2-3 tsp cold water to form a ball of dough that leaves the bowl clean. Wrap in cling film and chill for 30 mins.

2 Meanwhile, put the apple slices in a large bowl. squeeze over the lemon juice and cover with water. Microwave on High for 4 mins, then drain and pat dry on some kitchen paper. Heat oven to 190C/170C fan.

3 Roll out the pastry to fit the tin and trim the edges with scissors so they stand up, about 5mm above the edge. Prick the surface of the pastry a few times with a fork. Place a layer of foil on top, add some baking beans and blind-bake for 15 mins. Remove the beans and foil, brush the pastry with



the reserved egg white and return to the oven for 10 to 15 mins until it is biscuity.

4 To make the apple roses, roll out 75g more of the marzipan out on a surface dusted with a little icing sugar until it's approx 20 x 15cm. Cut into three rectangles and lay eight apple slices down the long edge of each strip of marzipan (see **pic A**) and reserve the rest. Fold the bare edge of each strip over to cover the apples, then roll up from the short edge (**pic B**). Place the apple roses in eggcups or a muffin tin so that they hold their shape. Roll the remaining marzipan into small balls.

5 Next, make the filling. Mix the butter, sugar, eggs, almonds, flour and milk together in a large bowl and whisk until well combined. Take the tart case out of the oven and spread with the filling. Gently press your apple-marzipan roses into the filling, evenly spaced out, then scatter over the balls of marzipan. Fill the gaps with the remaining apple slices so that the filling is covered, curving the slices a little as you go to create additional petals on the roses, or rolling them up tightly to look like rosebuds, all with the peel-side facing upwards.

6 Return to the oven for 30-35 mins, then leave the tart to cool in the tin for 10 mins. Meanwhile, heat the apricot jam in a small saucepan until simmering, then pass it through a metal sieve into a bowl. Brush it over the surface of the tart while both the jam and the tart are still warm. Serve the tart a little warm, or leave to cool, then turn it out onto a serving plate and dust with icing sugar.

PER SERVING (8) 605 kcs • fat 34g • saturates 15g • carbs 61g • sugars 35g • fibre 2g • protein 11g • salt 0.6g



Sugared flower shortbreads

These delicate shortbread biscuits look so pretty wrapped in a decorative box. You can flavour them with any edible floral scent – I've used rosewater, but orange blossom extract or dried lavender would work well.

Cassie Best

A LITTLE EFFORT

MAKES 15-20 **PREP** 1 hr plus 3 hrs drying,
1 hr setting and chilling **COOK** 12 mins

FOR THE SHORTBREAD

250g/9oz plain flour, plus extra for dusting

140g/5oz cold slightly salted butter, cut into small cubes

85g/3oz white caster sugar

1 tsp vanilla extract

1/2 tsp rosewater (optional)

2 egg yolks

FOR THE SUGARED FLOWERS AND TO DECORATE

assortment of 15-20 edible, unsprayed flowers (we used pansies, violas, primroses and rose petals, see below right)

50g/2oz caster sugar

1 egg white, beaten

300g/11oz royal icing sugar

food colouring pastes (we used yellow, purple and pink)

edible shimmer dust (optional)

YOU WILL NEED

tweezers

1 small paintbrush

8cm biscuit cutter

1 disposable piping bag

1 fine writing piping nozzle

tissue paper and a pretty box, to wrap the biscuits in

1 First, make the sugared flowers.

Remove the stalks and any leaves from small flowers like violas or pansies, and carefully pull apart the roses to separate the petals. Place a sheet of baking parchment on your work surface. Sprinkle the caster sugar over a saucer, then lightly whisk the egg white in a

small bowl. Holding a flower or petal with tweezers, use a small paintbrush to paint both sides with egg white. Spoon the sugar over, then shake off the excess and place on the parchment. Repeat with the remaining petals or flowers. Leave to dry for 3 hrs, or overnight if you can. *Will keep in an airtight container for up to 1 month, but their colour may start to fade after a few weeks.*

2 Next, made the shortbread. Tip the flour into a large bowl and add the butter. Use your fingertips to rub the butter into the flour until you have a damp, crumbly texture. Pour in the sugar and gently mix in with your fingertips. Whisk the vanilla, rosewater and egg yolks together in a small bowl with a fork, then drizzle the mixture over the buttery flour. Mix again, squashing the crumbs together to form a dough. If the mixture is a little crumbly, drizzle over 1-2 tsp cold water, then mix again. Tip onto your work surface and knead very briefly until the dough looks even, with no streaks of egg. Wrap in cling film, pat into a round disc and chill for 30 mins.

3 Next, cut out the biscuits. Heat oven to 180C/160C fan/gas 4 and line two large baking trays with baking parchment. Remove the dough from the fridge – if it's very firm, leave it at room temperature for 15 mins to soften. Lightly dust the work surface with flour, unwrap the dough and roll it to the thickness of a 1cm coin. Stamp out 8cm disks with the fluted side of a biscuit cutter and transfer them to

the baking trays. Bake for 10-12 mins, swapping the trays over halfway through cooking. Once lightly golden and firm, remove the biscuits from the oven. Leave to cool on the trays for 10 mins or until stable enough to transfer to a wire rack to cool completely.

4 Next, ice the biscuits. Mix the icing sugar with enough water to make a thick icing. Divide the icing between as many bowls as the number of colours you'd like to use, and dye each one a pastel shade with a drop of food colouring. Transfer half of one of the icings to a disposable piping bag fitted with a fine writing nozzle. Pipe a ring around the outside of the biscuit and set aside to dry. Continue until you've iced a third of the biscuits (if you're using three colours), then move on to the next colour, transferring any leftover icing back to its original bowl. Leave the biscuits to dry for 10-15 mins.

5 Add 2-3 tsp water to each icing to make it a little runnier. Spoon the icing onto the biscuits, matching the colour to the rings. Encourage the icing to flood the surface by easing it to the edges with your spoon – don't be too generous with the icing as it may overflow when you add the flowers and petals. You can now dust the surface of each biscuit with a little shimmer dust, if you like, then top with the flowers. Leave the biscuits to set for at least 1 hr before wrapping in tissue paper in a pretty box. *Will keep for up to 1 week.*

PER BISCUIT (20) 193 kJals • fat 6g • saturates 4g • carbs 31g • sugars 22g • fibre 1g • protein 2g • salt 0.1g





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Zesty bakes

*Intensely citrussy and a beautiful colour, blood oranges are bursting with flavour. Enjoy **Edd Kimber**'s glam bakes showcasing the fabulous ingredient*
Photographs Philip Webb



Blood orange & olive oil bundt cake, p80



Blood orange crêpe cake

A LITTLE EFFORT VITC

SERVES 16 **PREP** 1 hr plus at least 3 hrs chilling

COOK 2 hrs

FOR THE CREPE BATTER

450g/1lb plain flour

100g/4oz golden caster sugar

6 large eggs

1 litre/1¾ pints full-fat milk

100g/4oz unsalted butter, melted and cooled

3 tbsp vegetable oil, for frying

FOR THE CREME PATISSIERE

zest 3 blood oranges, plus juice of 6 (about 350-400ml/12-14fl oz juice)

1 vanilla pod, split down the middle, or 2 tsp vanilla bean paste

2 large eggs, plus 2 large yolks

140g/5oz golden caster sugar

3 tbsp cornflour

300ml/½pt whipping cream

FOR THE CARAMELISED BLOOD ORANGE SLICES

200g/7oz golden caster sugar

3 blood oranges, cut into thin slices, ends discarded

1 First, make the crème pâtissière. Put the blood orange zest and juice in a large saucepan, scrape in the beans from the vanilla pod and bring to the boil over a medium-high heat. In a large bowl, whisk together the whole

eggs, yolks, sugar and cornflour for 2-3 mins until smooth. Pour the orange juice mixture over the egg mixture while whisking together to combine. Pour back into the pan and simmer, whisking constantly, for 4-5 mins until the custard has thickened. Scrape the custard into a clean bowl and cover closely with cling film, pressing it onto the surface to prevent a skin from forming. Allow to cool to room temperature, then put in the fridge for at least 3 hrs to chill completely.

2 To make the crêpe batter, put the flour, sugar and 1 tsp salt in a large bowl and mix together. In a separate bowl, whisk together the eggs, three-quarters of the milk and the butter to combine. Make a well in the flour mixture and pour in the egg mixture. Whisk together into a smooth batter. Cover with cling film and leave at room temperature for 30 mins before cooking. If the batter is very thick, gradually loosen with the remaining milk until it's the consistency of double cream.

3 To cook the crêpes, place a 20-25cm non-stick crêpe or frying pan over a medium heat and lightly grease with vegetable oil. Ladle a thin layer of the batter into the pan, swirl around so it's even, then tip any excess batter back into the bowl. Cook for about 1½ mins or until lightly browned underneath, then flip and cook for a further 30-40 secs until lightly browned. Tip onto a plate lined with baking parchment. Repeat with the remaining batter and pile the crêpes on top of one another, using pieces of parchment to separate them. You should have about 20-25.

4 To finish the crème pâtissière, remove the custard from the fridge and beat until loosened and smooth. In a separate bowl, whisk the cream until it holds medium peaks. Fold the cream into the custard in 3 additions until fully combined. To assemble, place the first crêpe on a serving plate or cake stand and top with a small amount (about 3 tbsp) of the crème pâtissière. Use a palette knife or spoon to spread into a thin, even layer that almost reaches the edge. Repeat with the remaining crêpes and filling until it has all been used up. Cover the cake lightly with cling film and chill until ready to serve.

5 To make the caramelised orange slices, put the sugar in a big pan with 400ml water and bring to the boil. Add the orange slices and boil gently for about 20 mins or until the orange peel is starting to turn translucent. Reduce the heat to a gentle simmer and cook for 10-20 mins more or until the liquid has reduced to a thick syrup. Carefully remove the orange slices from the pan and place on a baking tray lined with parchment, and leave to cool completely. When ready to serve, top the cake with the slices. *Best served on the day it's made, but will keep in the fridge for up to two days.* Any leftover syrup can be used in cocktails.

PER SERVING 465 kcs • fat 21g • saturates 11g • carbs 58g • sugars 35g • fibre 2g • protein 9g • salt 0.5g



Blood orange & dark
chocolate madeleines, p80





Blood orange & dark chocolate madeleines

These are best served on the day they are made, but the madeleine

batter can be prepared up to four days in advance if you want to get ahead. The Blood orange dust topping is optional, but adds a gorgeous colour and flavour.

A LITTLE EFFORT

MAKES 15-20 (depending on the size of your tin)

PREP 50 mins plus overnight chilling

COOK 30 mins

100g/4oz unsalted butter, plus extra for greasing

2 large eggs

100g/4oz golden caster sugar

zest 2 blood oranges, plus juice of 1/2 (about 2 tbsp juice)

100g/4oz plain flour, plus extra for dusting

1 tsp baking powder

140g/5oz dark chocolate (60-70% cocoa solids), finely chopped

Blood orange dust (optional - see recipe, right)

1 Put the butter in a small saucepan over a medium heat until it foams and turns a nutty brown colour - watch the pan carefully, as butter can burn quickly. Pour into a bowl and set aside to cool.

2 Beat the eggs, sugar and zest in a large bowl with an electric hand whisk for about 5 mins until thick and pale. Add the juice and mix to combine. Mix the flour and baking powder together, then sift over the batter mixture, a third at a time, and fold in.

3 Add a large spoonful of the batter to the butter, mixing together until smooth and combined. Pour this into the batter and gently fold together until fully combined. Press a sheet of cling film onto the surface of the mixture and chill overnight.

4 About 30 mins before you want to bake the madeleines, grease a 12-hole madeleine tin with a little extra butter and dust with a little flour. Heat oven to 200C/180C fan/gas 6 and put the tin in the freezer to chill for 30 mins. Remove the batter from the

fridge and add about 1 heaped tbsp to each madeleine hole - be careful not to overfill as they will bake over the edge and won't form the characteristic hump. Depending on the size of your tin, you will have some batter left - either bake in batches or put the rest back in the fridge and bake within three days.

5 Bake in the oven for 10-12 mins or until golden brown around the edges. Immediately turn out the madeleines onto a wire rack and leave to cool fully. Put the chocolate in a microwaveable bowl and heat in the microwave on High in 30 sec bursts until about three-quarters of the chocolate has melted. Remove from the microwave and stir vigorously until the remaining chocolate has melted (this is a simple method of tempering and just ensures the chocolate will set properly at room temperature). Dip each madeleine halfway into the melted chocolate, allowing the excess to drip off, then place on a sheet of baking parchment. As the chocolate starts to set, but while still a little tacky, sprinkle with some of the Blood orange dust (below), if using, and allow to cool.

PER MADELEINE (20) 122 kJ • fat 7g • saturates 4g • carbs 12g • sugars 8g • fibre 1g • protein 2g • salt 0.1g

Blood orange dust

EASY **LOW FAT** **GOOD FOR YOU** **GLUTEN FREE**

Use a vegetable peeler to remove the peel from **3 blood oranges**, trying to take off as little pith as possible. Arrange on a baking tray lined with baking parchment and bake in the oven at its lowest temperature (around 60C/40C fan) for 1 1/2-2 hrs or until the peel is dry and curling up on itself, checking regularly.

Allow to cool, then grind to a powder using a pestle and mortar or spice grinder. Will keep in a sealed jar for a few months - add it to cakes or porridge for a flavour boost.

PER TBSP 12 kJ • fat none • saturates none • carbs 2g • sugars none • fibre 1g • protein none • salt none



Blood orange & olive oil bundt cake

A cake release spray is really useful here as it gets into all the nooks of the tin and stops it from sticking, but you can use melted butter if you don't have one.

EASY **unglazed**

SERVES 14 **PREP** 40 mins plus cooling

COOK 40-45 mins

cake release spray

or melted butter, for greasing

300g/11oz golden caster sugar

5 large eggs

zest and juice 3 blood oranges (about 150ml/1/4pt juice)

150ml/1/4pt light olive oil

280g/10oz self-raising flour

FOR THE GLAZE

140g/5oz white chocolate, roughly chopped

zest 1 blood orange, plus juice of 1 1/2 (about 75ml/2 1/2 fl oz juice)

1 Heat oven to 180C/160C fan/gas 4 and grease a 2.5-litre bundt tin with the cake release spray or butter.

2 Put the sugar, eggs and zest in a large bowl and whisk with an electric hand whisk for about 10 mins until thick and pale. With the mixer on medium-low speed, pour in the juice and oil, mixing until fully combined. Sieve the flour into the bowl and whisk until just combined to a smooth batter. Pour into the prepared tin, place on a baking tray and bake in the oven for 35-40 mins or until a skewer inserted into the cake comes out clean. Allow to cool for 5 mins before carefully turning out onto a wire rack to cool completely.

3 To make the glaze, put the chocolate in a heatproof bowl over a pan of barely simmering water, stirring occasionally. Once the chocolate has melted, pour in the blood orange juice and stir to combine. Remove the bowl from the heat and leave to cool, then chill until the glaze is thick but still pourable. Once the glaze is at the desired consistency, pour over the cake, allowing it to drip down the sides. Sprinkle the orange zest over to finish. *Will keep in an airtight container for 3-4 days; can be frozen for up to 3 months.*

PER SERVING 340 kJ • fat 16g • saturates 4g •

carbs 43g • sugars 29g • fibre 1g • protein 5g • salt 0.3g

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IN THIS SECTION

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- Chef Theo Randall invites you inside his kitchen, **P84**
- * We take a culinary tour of the Philippines and dine with a local Pinoy family to learn secrets behind the cuisine, **P89** *

BRITAIN'S BRILLIANT ITALIAN

Although born and bred British, chef Theo Randall's love for food began in Italy as a child. Now, successfully spearheading the Italian food scene in London - and more recently in the Middle East, we caught up with the Michelin-starred chef to learn a thing or two about authentic Italian cooking at home. By Sophie McCarrick

An advocate for Italian cuisine, British chef Theo Randal is a prime example for proving that you don't need to be a national in order to specialise in a country's cuisine and food techniques.

Growing up in a household that saw Theo sent to school with freshly baked, homemade bread and regular food-filled trips to Italy and France, he developed his passion for food and appreciation for well-sourced, quality ingredients very early in life.

Working at The River Café in Hammersmith, London from 1989 saw his talent for Italian cooking flourish, and the restaurant earn a Michelin Star in 1997. Keen to venture out on his own, Theo launched Theo Randall at the InterContinental Hotel, London in 2006, which today is established as one of the best outlets for Italian food in the city.

Theo sits down to tell us where he finds his Italian inspiration, produce you'll always find in his kitchen and his thoughts on the Middle East's food scene.

Rewinding to where it all began, what got you started in the kitchen?

I got started in the kitchen because my mother is a very good cook. She would bake a lot and make fresh bread at least twice a week and I would always be there to lick the spoon or help knead the bread. We would travel on holiday to France and Italy and these experiences stuck with me and started a passion for good food.

What took you down the Italian route?

I love Italian food and it started

from a few early experiences of going to Italy and tasting delicious pasta and I could never forget my first pizza that came from a traditional wood oven that was bigger than me! Those early memories stuck with me. When I joined the River Cafe after an apprenticeship at Chez Max, a very good French restaurant, I realised that Italian food was what I really enjoyed cooking.

Have you spent much time in the Middle East recently? If so, are there any dining spots you are particularly fond of?

The last few years I have been coming to the Middle East on a more regular basis and I love the passion and diversity it has to offer. I have met some really terrific chefs and eaten in some very good restaurants. I have just recently gotten back from Qatar actually, where I was



cooking, hosting and preparing the food during live cooking sessions in the Winner's Hospitality Enclosure at the Commercial Bank Qatar Masters 2016. My signature dishes were served in both the Commercial Bank Qatar Masters' Winner's Enclosure and at the Albatross View hospitality pavilions.

What's your take on the Middle East's food scene? Do you think Italian food is authentically represented here?

There is a very good food scene and I believe it will only get better in the future. I like the fact that dinning out is probably the most popular entertainment, that can't be bad for business. There are some good Italian restaurants and I think they do represent the cuisine well but I feel that not enough of the restaurants use local produce. I know it is very challenging as there isn't a huge selection of choice but every time I visit I see more and more produce available. Some of the fish is so good here – I wish I could get it in London.

Do you have any plans to expand into the region yourself? I'm sure our foodies would love to see you here more often!

I have been looking and would love to do a restaurant in the right location. I think to do well here you have to make sure you have a good all round business that works all day. I love the idea of having a half open terrace that leads into the restaurant with an open kitchen grilling fish and meat with mature olive and lemon trees all around.



You've just launched your second cookbook - tell us a little bit about it.

My Simple Italian is a collection of 100 recipes that are simple to prepare and cook. At the beginning of the book I have set out the timings of all of the recipes so you can decide which recipe you want to cook after deciding how long you have. The photographs are amazing and were taken by the famous food photographer Martin Poole. I wanted to write a

book that was accessible of every level of cook.

For our home cooks out there - what mistakes should they stop making when trying to whip of a tasty bowl of pasta?

A. The key to a tasty plate of pasta is to make sure you measure the amount of pasta you cook. I always say dried pasta 100g per person/ fresh 120g. If you cook too much it dilutes the sauce and you end up feeling really full. The pasta course should be a starter

"I love Italian food and it started from a few early experiences of going to Italy and tasting delicious pasta and I could never forget my first pizza that came from a traditional wood oven that was bigger than me!"

portion and the sauce should be absorbed in to the pasta. The best way to do this is to cook the pasta 3 minutes less than the packet suggests (dried pasta/ fresh 1 minute), take the pasta out of the water with a pair of tongs or slotted spoon and add it to the sauce. Take a ladle of the hot pasta water and finish off the cooking of the pasta in the sauce. This way you can season and toss the pasta so the starch is released which in turn will thicken the sauce and make every last mouthful

taste as good as the first.

What's the key to creating the perfect pizza at home?

The key to a good pizza at home is the oven. Make sure you preheat your oven and invest in a pizza stone. Place the pizza stone in the oven and make sure it is hot through, at least half an hour before you place the pizza on to it. Use semolina flour when you stretch the dough, this will give you a lovely crisp base. Don't be too concerned about tossing the pizza, just make sure you have a nice crust on the outside edge and it is not too thin in the middle. The wetter the dough the more it will rise, so if you like a crisp pizza make the dough drier. Always keep it simple and very important to use Italian tomato passata, oregano and Fiori di Latte (cows Mozzarella) buffalo is delicious but put it on when the pizza is out of the oven as it tends to let out a lot of water when it is cooked.

What five ingredients can always be found in your kitchen at home?

Olive oil, garlic, Parmesan, passata and every imaginable shape of pasta!

As an experienced chef, where do you find your inspiration these days? Are you still growing in the kitchen?

A. It doesn't matter how long you have been cooking you are always learning. For me I will get inspiration in lots of ways the obvious ones are meals in other restaurants or fresh produce but sometimes it can be from listening to people about their experiences of cooking a certain dish or talking to a



producer about all of their products.

For inspiring home chefs with a passion for Italian food, which region in Italy would you recommend visiting for the best culinary experience and why?

You never get a bad meal in Italy! This is a bold statement

but in general it is true. The Italian love their food and every region of Italy feels they have something more to offer than their neighbour. One region I always return to is Puglia. It is probably because the food is so fresh and incorporates a lot of vegetables and fish. Puglia produces a lot of olive oil because it has the perfect climate

to grow olives. This in turn is reflected in the recipes. The landscape is very picturesque with the sea then the olive groves and fruit trees then the towns. It has not been spoilt in any way. It is very simple if you want food fish go to the coast. If you want meat and slow cooked vegetable dishes go inland, you will not be disappointed.



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The melting pot

In a region abundant with Pinoy presence yet apparent lack of Philippine food outlets, Sophie McCarrick sets out to find the true identity of Filipino cuisine.

Despite large populations of Filipino nationals working internationally and in the Middle East particularly, food cultures from the island nation remain vastly unknown. The scarce presence of Philippine food outlets in the region leaves me wondering what's cooking in the typical Filipino home. In order to get a closer look at the mysterious cuisine, I dined with a local Pinoy family and spoke to Philippine-born head chef Andrew Paderes at Claw Crab Shack and Grill, Souk al Bahar, for insight.

Constituting a unique blend of eastern and western cuisines, Filipino food has been shaped by a number of factors. Drawing from culinary influences of the Chinese, Malays, Americans and more, a large quantity of Pinoy recipes were inspired by Spanish cooking during three centuries of Spanish colonisation in the Philippines. Add to the mix a variety of cultures, traditions and socio-economic situations from the country's seven thousand plus islands and the result is Filipino cuisine.

Although all of these elements play a role in making the cuisine what it is today, Filipinos are also ingenious cooks who create original, flavourful dishes from globally inspired recipes using special Pinoy touches - family kitchen secrets, local ingredients and indigenous cooking techniques.

To suit the Philippines' tropical backdrop and adapted to the country's varied geography, seafood and fish contribute to many of the traditional dishes, in addition to chicken and pork. Other main food sources include citrus fruits, garlic, onion and tomatoes, with rice as a staple. Signature ingredients of South-East Asia are also present, including coconuts and a pungent fish sauce called patis - although the Pinoy's are not as liberal when using chillies as many of their neighbours.

Chef Andrew explains that: "Filipino food is a combination of many culinary influences from countries all of over the world, such as Chinese, Spanish, Malay, Indian and the indigenous combined. Flavours in our food are very rich and have big accents of sweet, salty and



"I find that the Filipino restaurants that you do find here are really low profile when it comes to location and operation, meaning that they are just here to cater to mostly Filipino expats."

Chef Andrew Paderes

spicy. Natural herbs and spices are most commonly used in our dishes and we seldom use processed ingredients like butter and cheese, except on our desserts."

Several dishes represent the native cuisine and are enjoyed countrywide, including adobo, which can be made with a mix of chicken, pork, squid, or vegetables. Adobo, which means to marinate in Filipino, is a dish stewed in vinegar and soya sauce with garlic, peppercorns and bay leaves.

Day to day and a popular serving within the family home is sinigang, a slightly sour broth or soup, which can be made with vegetables, pork or fish. Followed by lechon, a crispy spit-roasted pig basted regularly in a sauce made from pig's liver, vinegar, sugar and

herbs, or kare kare, an oxtail and beef stew cooked using a peanut sauce.

Still today, dishes in the Philippines also heavily rely on ingredients used by the country's original inhabitants, such as mango, coconut, pansit noodles and bean curds.

Presence in the food scene

Of the locally residing Filipinos that I spoke to, many agreed that there are few, if any 'decent' eateries in the UAE where they can go and enjoy authentic dishes from their home country, with several revealing that when Filipino food is cooked in a restaurant outside of the Philippines, dishes tend to become flavourless and re-adapted to suit international tastes.

Chef Andrew commented: "Working

Adobong pusit

500g medium-sized squid, cleaned and ink separated
1 large onion, chopped
2 medium tomatoes, chopped
1/2 cup soy sauce
1/2 cup vinegar
1 cup water
5 cloves crushed garlic
1 teaspoon sugar
salt and pepper to taste
2 tbsp cooking oil

- Heat a wok or cooking pot then pour in cooking oil. When the oil is hot enough, sauté the garlic, onions, and tomatoes.
- Add the squid then cook for a few seconds.
- Add the soy sauce/vinegar/water mixture and bring to a boil, then add the earlier set aside ink then salt, ground black pepper and sugar to taste. Stir and simmer for three minutes.



Pinakbet

P

250g pork, thinly sliced or minced - use fish, meat or shrimps as an alternative
1 large eggplant, sliced
1 medium-sized bitter melon, chopped
250g squash, chopped into 2x1" cubes
6-8 okra
1 bunch string beans cut to 3" length
1 bundle fresh spinach or kangkong (water spinach) - optional
3 large tomatoes, sliced
1 large onion, chopped
1 small ginger, minced
3 cloves garlic, crushed and chopped
5 tbsp shrimp paste
1 cup water
5 tbsp cooking oil
salt and pepper

- Heat a wok or cooking pot then pour in cooking oil. When the oil is hot enough, sauté the ginger, garlic, onions and tomatoes. Add 1/4 cup water and simmer for three minutes.
- Add the pork and cook for five to seven minutes. If using fish, meat or shrimp, they can be added along with the other vegetables towards the end.
- Add the shrimp paste and simmer for three minutes, then add the remaining water and bring to a boil. Add the squash and cook for five to seven minutes until soft.
- Add the remaining vegetables and mix well. Simmer for five minutes. Serve hot with steamed white rice.

as a chef and with big restaurant brands for many years, I have always really wanted to see a high flying Filipino restaurant concept in Dubai's food scene that could cater to international palates, in terms of menu, engineering, restaurant design and service. Although it's not yet been adapted here, I remain very optimistic that there will be one in the near future."

He notes, however, that there are a number of Filipino restaurants in the fast food sector established across the UAE. "There are a few big fast food brands from the Philippines that are franchised here and are doing very well, including the likes of Chowking, Max's and Bacolod Chicken BBQ House."

Hinting that there are perhaps authentic

Filipino food spots around town, he explains: "I find that the Filipino restaurants that you do find here are really low profile when it comes to location and operation, meaning that they are just here to cater to mostly Filipino expats. I must say that it's also great to see that big supermarkets here such as Geant, Lulu and Westzone offer a Filipino products section."

Keeping it traditional

Typically, Filipinos today will dine with silverware, however in certain places of the Philippines a special style of native eating called *kamayan*, using only fingers, is still practiced. This style of eating traditionally involves dishes being laid out on banana

leaves, where diners will sit around on the ground and eat everything by hand, with no utensils, napkins or bowls. During this practice, don't worry about licking your fingers to clean them off - everyone will be doing the same!

A speciality from the Philippines unlikely to be found in restaurants around Dubai, however, is a 'delicacy' known as *balut*, a popular street food consisting of a boiled duck egg with a feathered embryo inside. Perhaps not everyone's cup of tea, but one definitely encouraged to try by the locals, though it's not to every Filipino's taste....

In a nut shell, the only way to truly understand and appreciate Filipino food and its identity is to dig in and try it!



Chef Andrew Paderes' Beef kaldereta

0.5 kg beef short ribs 1.5 tbsp sweet paprika powder 1 cup Vienna sausage (optional)
4 cloves garlic
1 medium size onion
1 stalk celery
2 bay leaves
1 cup cubed potato (prefried)
1 cup cubed carrots (prefried)
1 cup mixed peppers
1 cup fresh tomato
4 or 5 chillies, finely chopped
1/4 cup soy sauce
2 cans liver spread
1/3 cup sweet pickle relish
2 tbsp tomato paste
1/2 cup grated Cheddar
1/4 cup ground peanut (optional)
1/2 cup olive oil
salt and pepper to taste

- Season the beef short ribs with salt and paprika. Drizzle with olive oil and set aside for 15 minutes.
- Use a pot big enough for all ingredients. Heat the remaining oil and brown the short ribs in batches. Note: it will steam out if you dump all in one go.
- In the same pot, sauté the onion and chopped garlic until soft. Add the celery until light brown, then add all seared beef. Stir heavily to mix. Add the bay leaf, tomato paste and stir to coat evenly. Add half the chilli and soy sauce. Sauté for two minutes.
- Pour in stock until meat is covered. With the lid on bring to the boil. Once boiling, reduce heat to a simmer until the meat is tender (add more stock as it reduces). When tender, add tomatoes, liver spread, pickles and tomato paste and simmer until tomatoes soften.
- Add remaining chili, mixed peppers, prefried carrots and potatoes. Continue simmering for another three minutes. Remove from the boil and stir in Cheddar cheese until melted.

Sinigang na vlo ng salmon

2 salmon heads
1 pack sinigang sa sampaloc mix (1l pack, tamarind base soup mix)
1 large tomato, cubed
1 large onion, cubed
1 large ginger, crushed
1 bundle fresh spinach or lettuce, or kangkong (water spinach)
1 bundle leeks or spring onion, cut into 2" length
1 long green chilli
2 tbsp fish sauce
1l water
salt and pepper to taste

- Bring water to boil then add tomato, onion and ginger and simmer for five minutes. Add the fish sauce and sinigang sampaloc mix and simmer for five minutes.
- Add the salmon head and cook for another five minutes, then season and add spinach and leeks. Turn off the heat and cover the pot for five to seven minutes. Serve with hot steamed white rice



Homestyle treat for editorial staff, courtesy of Troy and Maria Maagma.

FILIPINO STYLE!

Dip it good - Many Filipino dishes are accompanied by a range of sawsawan (dipping sauces) or condiments.

Rice at the ready - A basic staple in the Filipino diet, always cooked fresh and steamed, or sweetened and sticky for desserts.

Pucker up - Vinegar is used as one of the main preservatives in Filipino cooking and forms the base of many traditional dishes, like adobo.

Stock up - Always remember garlic, tomato and bagoong (fish paste). Without these three key ingredients, you won't get far in the Filipino kitchen

Fiesta! Fiesta! - It's party time when the Spanish-influenced Filipino dishes come out. Typically, they involve more expensive ingredients and preparation.

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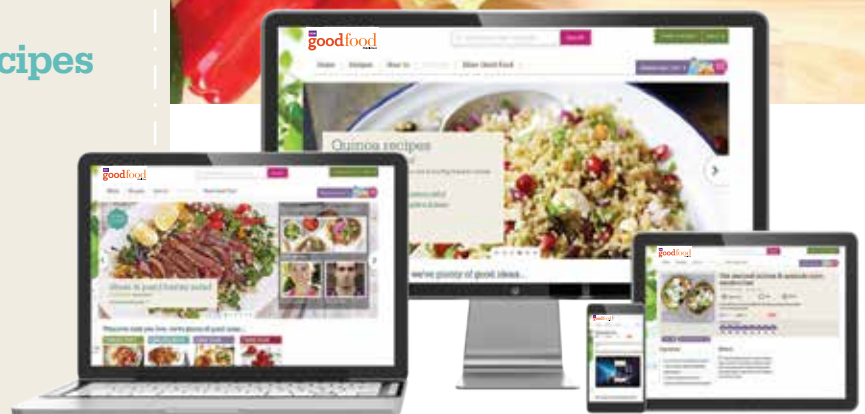
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The Ripe Chefs Club is open to any professional chef currently working in a restaurant or as a private chef, as well as chef bloggers and influencers that love sharing their recipes and food creations on-line.

We're a team of food fanatics on a mission to educate and engage the community in our passion for local, organic and seasonal produce.

Our latest initiative is aimed at chefs who are just as passionate about where ingredients come from. The Ripe Chefs Club is a single source to help professional chefs reconnect with their roots, providing them with local, organic produce for personal use, as well as additional benefits and the chance to connect with the Ripe community.

Chefs are used to dealing with the best produce in their professional kitchens and now they can easily find the same quality when cooking at home for family and friends. At Ripe, sourcing the best ingredients starts with the best organic-certified farmers in the UAE backed by a delivery chain that ensures produce reaches you within 48 hours of being picked.



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Prime cuts

Not sure which steak to choose?
Barney Desmazery explains the
distinct characters of different cuts

Photographs Tom Regester



Firm and marbled with fat

Also known as entrecôte, sirloin comes from the loin towards the middle of the animal. Sirloin has a strip of fat that runs along the top - this can be browned first, then the steak can be fried in the fat.

Sirloin is considered to be a prime steak, like fillet, but it has more flavour. Boneless steaks can be cut to the thickness of your liking, but for two people, it's better to buy a thick steak and carve it after cooking, rather than buying two thin ones. Best served medium-rare.



Perfect for sharing

T-bone is a great steak for sharing as it's part-fillet and part-sirloin, attached by a bone. It's cut from the back of the animal. (A Porterhouse steak is a thicker T-bone, cut from the rear end of the joint.)

To make sure T-bone cooks evenly, it's best finished in the oven. Slice at the table so each person gets a bit of fillet and a bit of sirloin.

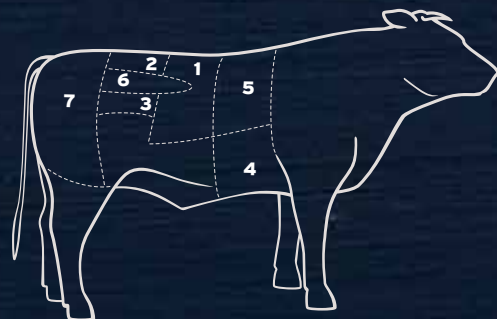


Good value

Also called hanger steak, onglet is highly regarded and is the cut of choice in a classic steak frites. It's a very lean, rope-shaped muscle that runs along the diaphragm. Onglet has a deep flavour but needs to be served rare otherwise it becomes tough. As there is so much texture to onglet, it's nice to cut it into slices before serving.

Dry-aged steak

Good butchers will age their fattier cuts, such as rib-eye and sirloin. The ageing process gives the beef a more pronounced flavour and tenderises it. Dry-aged steak will be 'hung' for at least two weeks, but can be kept for up to seven weeks for a really deep flavour. Supermarket steak isn't dry-aged unless it says so on the label - 'aged' just means it's been vacuum-packed for 28 days.



Classic bistro cut

Bavette or goose skirt has a loose-grained texture and is a flavoursome, cheap cut taken from the flank. Bavette should be cut into slices across the grain. It is best served no more than medium and is a great cut for barbecuing.

Totally tender

Fillet is prized as the most tender cut, and also the most expensive. It has little fat, which means that it isn't as flavoursome and is best served as rare as you like – it's the cut used in the raw beef dish carpaccio. Fillet makes for neat individual steaks that are best pan-fried in butter.

A boneless steak for one

From the rib we get two classic cuts. Firstly rib-eye, which is a boneless steak, usually for one. The other is a rib on the bone, also known as a côte de boeuf, which traditionally serves two. However, it is very generous and can easily feed three or four.

There is a new cut of rib known as tomahawk – essentially a trimmed côte de boeuf with a very long rib bone. Whichever cut you choose, rib has fat running through the meat, so even if you like steak rare, rib is best served medium-rare so that the heat cooks the internal fat.

Full of flavour

The opposite to fillet, rump has lots of flavour and texture but with a much more affordable price tag. Rump can be cooked as individual steaks, flash-fried and served whole or barbecued as a large piece. A thick slice can easily feed a family of four. Rump can be cooked to whatever degree you like.

Bavette

4

Fillet

6

Rib-eye

5

Rump

7

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The wonder of wok

Thirty years ago, Chinese chef Ken Hom developed a flat-bottomed wok for modern hobs. Now every keen cook has one

Carbon-steel woks need to be seasoned before use – find out how at typhoonhousewares.com/season-a-wok. Over time, a well-used wok develops a naturally non-stick surface; to clean, wipe with kitchen paper or wash lightly.



For a crash course in wok cooking, watch the opening sequence of the Chinese film *Eat Drink Man Woman*, in which a father prepares Sunday lunch.

The golden rules

- 1 **Cut up everything first, thinly and evenly.**
- 2 **Get your wok hot – the oil should shimmer before you add any food.**
- 3 **Work in batches and toss or stir constantly, so the wok stays sizzling.**

Traditional carbon-steel

woks are inexpensive, light and quick to heat. Cast-iron woks are heavier. The latest Colourful Ceramica woks from Lakeland are non-stick, or try the funky Boomerang wok above.



The world's largest stir-fry

was cooked in a 4m diameter wok at the University of Massachusetts on 5 September 2011. It fed around 3,000 people.



The wok was being used in Asia

500-1,000 years ago.

One theory is that Mongolian soldiers cooked food in their curved shields and cut up ingredients with their swords.

A cult winter sport in Austria is wok racing

Competitors hurtle down an Olympic bobsleigh track in modified woks (heated for speed) wearing ladles as foot protectors.



3 brilliant wok recipes

gf For these recipes and more, visit bbcgoodfoodme.com



20-minute seafood pasta A speedy dish that will become a family favourite.



Keralan chicken coconut ishtu Anjum Anand's authentic creamy chicken curry.



Crispy chilli beef A sizzling treat for two or three, on the table in 40 minutes.

Dubai food lovers' dream

A record-breaking 27,037 food-loving visitors enjoyed three days of live cooking, celebrity chef demonstrations and fabulous live music at the ninth annual Taste of Dubai festival last month. Here we take a look back at the fun-filled event.

Before the summer heat sweeps through the city, the alfresco Taste of Dubai show saw residents of Dubai and visitors alike come together for three days of indulgence last month at the Dubai Media City Amphitheatre. In its ninth edition, the food-focused event allowed guests to gather and enjoy a wide selection of fresh fare from the city's most popular restaurants, for as little as Dhs10 per portion to Dhs25. With restaurants like Bread Street Kitchen by Gordon Ramsay, The Croft, Vesna, Bistro Des Arts, Catch Dubai and Nobu showcasing their signature dishes at the show - it's safe to say that no one left

hungry. Especially when surrounded by dozens of food vendors and other delicious exhibitors. Speaking at the festival, chef Darren Velvick from The Croft, said: "It's our first year participating and it's fantastic to be here. The atmosphere is buzzing and we've been absolutely packed - I'm actually worried I'll run out of Yorkshire puddings! It's such a great event for bringing all of Dubai's foodies together to enjoy the outdoors." Over the course of the event, a stellar line-up of internationally renowned and Michelin starred chefs including Atul Kochhar, Alfred Prasad, Nathan Outlaw, Tom Aikens, Tim Anderson, Paolo

Pettenuzzo, Jenny Morris, Reza Mahammad, and Jun Tanaka, demonstrated their culinary expertise at the Electrolux Chef's Theatre, American Garden and Lurpak Cooking Challenge and Electrolux Chef's Secrets. "Every year, the challenge is to come up with something bigger and better than the year before and the record attendance we saw this year is a testament to how we continually strive to improve our offering and features, said Chris Fountain of Turret Media.

We can't wait to see what the show brings next year!



Text by SOPHIE MCCARRICK | Photographs by MAKSYM PORIECHKIN



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The hotel boasts the largest rooms along JBR each with its own balcony. Three award-winning restaurants (Italian, Japanese and international) as well as live entertainment and more, guests can expect a fun-filled visit. There's also a full range of recreational activities. At the world famous Benihana, a meal is a staged experience with skilled chefs performing at your teppanyaki table. It won this magazine's Best Japanese Restaurant Award in 2014.

The prize draw for a one-night stay for two adults at Amwaj Rotana will be made at the end of April 2016. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale.

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to enter this competition and simply answer this question:

What sort of food is served at Benihana?



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WIN! FRIDAY BRUNCH FOR 2 AT LE CLASSIQUE!

WORTH DHS810

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WIN! DAY POOL PASS FOR 2 WITH FRIDAY BRUNCH AT ZEST!

WORTH DHS755

At the heart of this oasis city, Al Ain Rotana offers a mix of modern luxuries and traditional Arabic hospitality. Zest is an international all day dining restaurant.



WIN! DINNER FOR 2 AT LA TERRASSE IN GLORIA HOTEL!

WORTH DHS500

La Terrasse offers an all day a la carte menu as well as an international buffet. The spacious and contemporary restaurant features live cooking stations and themed dinner buffets every night, offering a range of diverse dishes.



To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

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